

February 2024  
Update



Giving HOPE and changing lives for families escaping abuse.



Refreshments will be traditional afternoon tea, with petite sandwiches and sweets.

This year's event will include:

- Tea and light refreshments from Upper Crust Cafe, and special sweets from The Melting Pot
- Special Guest Speaker
- Exclusive In-Person Only Raffle Packages

- 50/50 Raffle and Door Prizes
- Photo Booth & more!

Vegetarian and Gluten Free options available upon request - contact Debbie at 780-426-4985

[Purchase Your Tickets Here!](#)



[Upcoming Events](#)

**The children in our Childcare Program and Rocky Forest Daycare were spreading love this past Valentine's Day!**





Activities like these help to create lasting memories for the families at WINGS and HND!



## House 2 Home

Home is where the heart SHOULD be safe.  
WINGS - Women In Need Growing Stronger

Join us in raising funds to make a house a home and ensure families fleeing domestic violence can have a safe and comfortable home that has been furnished with care and love.

For the approximately 100 new families that come to WINGS each year, home set-up costs, on average, between \$2,500-\$5,000 per suite. Only with the support of our community, we can provide each new family with new beds and mattresses, new linens, bath and kitchenware, and other essentials to help them have a fresh start, ensuring that they will leave WINGS healed, empowered, and ready to live a new life free from abuse.

Partner with us by becoming a House2Home (H2H) Champion.

Visit our website for more information on how to get started.

[Getting Started](#)



We were thrilled to have Cora-Lee Fadoruk from The Matriarch host a *Heal Your Life Workshop* at WINGS once a week during group sessions for the month of February.

Cora-Lee is the Founder & CEO of The Matriarch. She is an Anishinaabe woman from Little Saskatchewan First Nation, Manitoba. She is of Saulteaux descent on her mother's side; and English, Irish and Scottish descent on her birth father's side. The Matriarch represents speaking the truth, standing your ground, creating healthy boundaries with people, and providing a safe space to heal.

We're so grateful to Cora-Lee for bringing her wisdom to WINGS.

## Items Needed

- 16" Pedestal Fans
- Twin bedsheets
- Twin Comforters
- Cleaning Supplies
- Toiletries



Call 780-426-4985 to book a drop off time.

Check out our

amazon  
wishlist

## You can support WINGS through Skip the Depot!

Register at [skipthedepot.com](http://skipthedepot.com) and when you arrange a bottle pick up, simply select WINGS as the recipient charity! A portion of the proceeds will go toward WINGS!

You can also use the Skip the Depot App!

## February Donor Spotlight

Thank you to all our supporters! Every gift, large or small, is important to the families at WINGS.



[Donate Today](#)



Charitable Registration #: 119 300 549 RR0 001

**Our mailing address is:**

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