



In some ways my work is crisis management. Many of the women we work with are having difficulty securing safe housing. The women have poverty issues and they don't have the funds to purchase nutritional foods.

We try to meet some of these very basic needs for women in Cranbrook.

A typical day might involve trying to get the front door open because there are so many donations on our front porch. We receive a lot of support from the community.

I think, in a way, we've been able to establish a kind of wealth distribution. If somebody needs something they can express that need and we do our best to fulfill that need, whether it's a woman needing a bed for her child or somebody short of food being able to access the emergency food cupboard.

This job has taught me gratitude, that I'm privileged. I need to remember that and be grateful for what I have.

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