



## BPW Canada's SDG Projects

BPW Canada is proud to support BPW International's commitment to UN's Sustainable Development Goals. Please find below a summary of what local BPW Clubs in Canada are doing with respect to the 17 SDGs.

### Goal #3: Good Health and Well-Being

- **BPW Canada Online Club** recently hosted an online webinar that featured Dr. Kathleen Thompson who presented on the legalization of cannabis and what that means for our health.
- **BPW Trenton and District** For the fourth year in a row, the Trenton & District BPW Club partnered with the Quinte West Chamber of Commerce and the Centre for Workforce Development, to plan, organize and run an event Celebrating Women in Business during Quinte Business Week. On October 16, 2018, two topics were covered "Picking up the Pieces" and "Healthy You, Healthy Business" these talks relate to the BPWI theme of "Health and Well Being."
  - "Picking up the Pieces" – Chantal Fraser (BPW member) everyone faces challenges at some point in their life. Many of us have family and friends who help us deal with disappointments in our personal lives. Small business owners and career women are often left wondering what to do and who they can turn to when things fall apart at work. In this interactive session, Chantal gave examples of proven strategies and techniques that can help women pick up the pieces when things don't go as planned in their career or business.
  - "Healthy You, Healthy Business" – Jocelyne Granger (BPW Member), Abena Beloved Green, Julie Sweeney (BPW Member), and Dharmini Thiru
  - Four local business women, working in fields that can help people deal with the stresses of being in business, each gave a short presentation about how different activities (Chi Kung breathes & Tai Chi, Writing Poetry, Yoga for Round Bodies, and Telling your Skin Story) can lead to increased health. After the presentations, everyone attending had the opportunity to try out at least two of the activities described.
- **BPW Ottawa** has focused on Health and Well Being – bringing in (or will bring in) during the 2018-19 Program Year guest speakers as follows:
  - Diane Hill (Is it a Rut, Burnout, or Worse? Decoding Work Stress)
  - Kelly O'Rourke (Dream Big & Set Small Goals)
  - Lindsay Amundsen (Women's Adventure Trips)
  - TBD (Decluttering – Physical and Mental )
- **BPW Regina** has an event planned for January that focuses on Women's Mental Health
- **BPW BC/Yukon** support Women's Shelters
- **BPW Canada** has sent a brief to the Federal Government regarding the following issues under Women and Health; Coverage for Long-Acting Reversible Contraception, Implementation of Warning Labels on the outer packaging of all non-organic, single use Feminine Hygiene Products and Re-affirmation Resolution 2016-03 - Alcohol's Correlation to Breast Cancer and other Health Related Risks.



## **GOAL #16: Peace and Justice Strong Institutions**

## **GOAL #5: Gender Equality**

## **GOAL #10: Reduce Inequality**

### **Violence against Women**

- **BPW London** This year the club's entire Speaker Series dinners centred around Violence Against Women. The theme is "Awareness Starts With Us: Improving the Lives of Women and Children". Dinners are set up with the following themes:
  - September 2018 – Human Trafficking
  - October 2018 – Days for Girls program in Mexico – focusing on menstrual products with education in sexual abuse and what are relationships
  - November 2018 – 16 Days of Activism (UN program – remembrances of Montreal massacre)
  - January 2019 (tomorrow night) – Safe City London – City of London initiatives on UN Safe Cities Program
  - February 2019 – volunteering across Canada – making a difference
- **BPW Saskatoon** is working with the City of Saskatoon to become a part of the UN Safe Cities Initiative. They are also looking at a partnership with their provincial Status of Women's office.
- **BPW Cambridge** is participating in the Human Sex Trafficking ONroute project with **BPW Ontario**:  
<https://bpwontario.com/advocacy/anti-human-sex-trafficking-awareness.html>
- **BPW Montreal** met with the Minister of the Economy of Quebec to raise awareness about the tools Development BPW plans to develop in order to promote entrepreneurship and facilitate contacts in an economic mission
- Reducing inequalities in countries and from one country to another. Combine with **objective 5** –
  - We have organized an international symposium or more than 14 speakers have Exchanged on the situation of women in two countries.
  - Networking activity to give the opportunity to women to exchange
  - Christmas party
- International mentoring program matching 10 African women with 10 Quebec mentors.
- **BPW Canada** has sent a brief to the Federal Government regarding a National Policy to Ensure Access to Sexual Assault Kits

### **Equal Pay**

- Clubs all across Canada recognize and support Equal Pay Day events in their city and on social media.
- **BPW Canada** sent BPWI's resolution for Pay Equity for Women and Girls with Disabilities to our Federal Government

### **Women on Boards**

- **BPW Saskatoon** recently held a Women on Boards Panel Discussion that featured four exceptional women who have held numerous board positions with special guest the Honorable Tina Beaudry-Mellor, Minister for the Status of Women with the Government of Saskatchewan. This also featured the beta launch of their Women on Boards Portal. The aim of this portal is to provide a central hub for women to search for available board positions and a place for companies/organizations to advertise their available postings. It was an incredible event with over 75 women in attendance.



#### **GOAL #4: Quality Education**

- **BPW Regina** sponsors two Educational Bursaries: one locally and one internationally. The internationally bursary is managed through CHES (Canadian Harambee Education Society) and is awarded to a girl to ensure her ability to complete high school. The local bursary is designed to encourage and assist women in their continuation of post-secondary education. The value of the local education award is a total of \$750.00 which is awarded in equal amounts in December and February.
- **BPW Saskatoon** has been providing financial support to the women in our community in order to help them achieve their personal and professional goals. Each year, we continue this commitment to supporting the educational aspirations of women in our community by inviting Mature and Indigenous women in the Saskatoon area to apply for our educational bursaries. Since 2011, BPW Saskatoon has awarded over \$51,000 in bursary funds. Applications for 2018-2019 are now open.
- **BPW Montreal** Project related: In the step of an ambassador.
- **BPW BC/Yukon** gives out bursaries.

#### **GOAL #1: No Poverty**

#### **GOAL #17: Partnerships to achieve the SDGs**

- **BPW Canada** is promoting participation in the Government of Canada's reducing poverty studies and task force to reduce poverty.

#### **GOAL #8**

- **BPW Montreal** Promoting sustained economic growth, sustainable and full productive employment and a decent work for all – Participation to the international day “End of violence against women, Orange the World in 2018”.

#### **Submitted by**

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