# 2023

# Impact

# Report

Actions we've taken this year to help reduce the health inequities faced by women in Canada.



Shoppers Foundation for Women's Health™ Charitable Registration Number: 860661149 RR0001



CONTENTS

### **Supporting All Women**

As part of our commitment, Shoppers Foundation for Women's Health™ recognizes that the term "women's health" is understood in a variety of ways. Our work goes beyond the sex and gender binary, welcoming the experiences of all women and gender-diverse people.

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## There's a health gap in Canada and women are falling through it. At Shoppers Foundation for Women's Health™, we're working to change that.



Shoppers Foundation for Women's Health™ aims to address the health disparities women face. Whether it's lack of representation and inclusion in research, barriers to accessing mental health care, or the urgent health consequences women disproportionately face due to poverty and domestic violence – our commitments are focused on improving access to care and increasing awareness of women's unique health needs.

It's time to make women's health visible. And throughout 2023 we invested in strategic partnerships aimed at system change initiatives, community grants that support local charitable programs, and campaigns like Run for Women and Giving Shelter, all with the goal to help ensure more access and improved health outcomes for women in Canada.

We're incredibly grateful to our network of generous supporters, including Shoppers Drug Mart® Associates-Owners and store teams, colleagues, vendors and millions of customers whose commitment to supporting women's health is making a real difference in our communities.

Thanks to you, we're helping to create a future where care is equitable and accessible so that all women in Canada can lead healthier lives.

Jeff Leger Chair of the Board



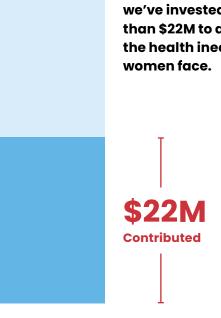
OUR MISSION

## It's time to make women's health visible.

Working with a network of more than 370 community partners, we're investing \$50M by 2026 to improve access to care, increase awareness of women's unique health needs, and support critical women's health research and innovation.



Thanks to the generosity of our donors and supporters in the last two years, we've invested more than \$22M to address the health inequities women face.



\$50M

2026 Goal



OUR CAUSE

## Women across Canada

## face health inequities

## every day.

#### MARCH

International Women's Day partnership with Quo Beauty in support of Canadian Women's Foundation





#### MAY

Shoppers Drug Mart® Run for Women events in 18 communities across Canada



Official launch of \*new\*

**Shoppers Foundation** 

JULY

JUNE

Shoppers Drug Mart® Run for Women events in 18 communities across Canada

Renewed strategic partnerships with Women's Shelters Canada, Canadian Women's Foundation and Women's Health Collective Canada

### 

Shoppers Drug Mart® Golf Charity Classic

**SEPTEMBER** 

Fall Beauty Mingle

fundraising campaign

**Giving Shelter** 

Launch of 'In

Conversation'

women's health

information series





### OCTOBER

Community Grants recipients announced



Supported Women's Health Collective Canada National Summit



Holiday Beauty Mingle

Holiday fundraising campaign



**APRIL** 

Launch of Community

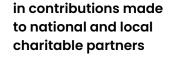
**Grants Program** 



## Fostering health equity

## in Canada.

In 2023, we raised funds and awareness for local women's mental health programs, improved access to menstrual products, and helped to prioritize women's health research through a variety of programs and community partnerships.



SIN

371

partner organizations

supported

women reached

+400k



# Making women's health visible.

In collaboration with more than 370 charities, we implemented a range of initiatives to increase awareness and ensure equitable and accessible care to all women in Canada. Our goal is to shift the landscape of women's health for the better by addressing the health inequities that millions of Canadian women face.

### **Beauty Mingles**

**Community Grants** 

**Giving Shelter** 

**Menstrual Equity** 

**Run for Women** 

**Strategic Partnerships** 





OUR IMPACT - PROGRAMS

## **Beauty Mingles**

## **Cross-Canada**

## events raised

## \$3.3M.

Taking place at most Shoppers Drug Mart® and Pharmaprix<sup>MD</sup> stores, Beauty Mingle events are held in spring, fall and during the holiday season. Participants enjoy activities like a makeover and skin consultation, all while raising important funds for local women's health programs.

## **Community Grants Program**

The Shoppers Foundation for Women's Health™ Community Grants Program supports local charitable organizations, research, and innovation initiatives designed to help improve the state of women's health, care and health outcomes.

## In 2023, the Community Grants

**Program committed \$2M** 

## to back 33 community-led initiatives.

## **2023 Community Grants Partners**

Working together with these grant recipients, we're committed to making care more equitable and accessible so that all women in Canada can lead healthier lives.

#### Alberta

Alexandra Community Health Centre Spruce Grove Public Library

#### **British Columbia**

Archway Society for Domestic Peace CMHA Kelowna Dixon Transition Society Fort St. John's Women's Resource Society Kootenai Community Centre Society The Cridge Centre for the Family

#### Manitoba

South Winnipeg Information Centre Thompson Crisis Centre Inc.

#### **New Brunswick**

Crossroads for Women Inc. Hestia House Inc.

#### Nova Scotia

Adsum Association for Women & Children

#### **Northwest Territories**

YWCA NWT

#### Ontario

Bethesda House of Mercy Blue Door Support Services Centre for Addiction and Mental Health Foundation Centre for Wise Practices-Women's College Hospital Foundation Greater Hamilton Food Share Harmony House Women's Shelter Native Women's Resource Centre of Toronto Sakeenah Canada Springwater Township Street Health Community Nursing Foundation

- The Journey Neighbourhood Centre
- The Shoebox Project for Women

The Women's Interval Home of Sarnia Lambton

Victim Services of Nipissing District

Women's Centre of York Region

#### Quebec

**Chez Doris** 

Accueils au Cœur de L'Enfance La Fondation Du Refuge Pour Femmes

Regroupement des maisons pour femmes victimes

#### Saskatchewan

YWCA Regina Inc.



## **Giving Shelter**

Every fall, the Giving Shelter campaign unites all Shoppers Drug Mart<sup>®</sup> and Pharmaprix<sup>MD</sup> stores in an effort to raise funds and awareness for women's shelters across Canada.

Thanks to the generosity of customers and donors, in 2023 we **raised and contributed \$2.1M** to support 320 local women's shelters and partners. 100% of donations raised in-store stay in the local community, helping shelter partners provide thousands of women and their families access to care and support.

"Violence against women (VAW) and intimate partner violence (psychological, physical, or sexual) increased during the pandemic and has not slowed as the pandemic has eased. Pre-pandemic, one woman was killed by a current or former intimate partner every six days. That number is now every five days. Femicides are but the tip of the violence iceberg. We thank you for supporting this lifesaving cause. Shoppers Foundation for Women's Health™ helps Women's Shelters Canada provide key supports to the shelters who work tirelessly to keep women and children safe."

Lise Martin Executive Director Women's Shelters Canada

## 44% of women have experienced

## intimate partner violence

## in their lifetime.

## **Giving Shelter**

## Shenaz gives from the heart

The following story was featured on the Shoppers Drug Mart® company intranet and loblaw.ca to highlight the efforts of Shoppers Drug Mart® store teams and to encourage other employees to get involved.

"It's a dark topic, but it needs to be talked about." Shenaz Singh is referring to violence against women, which is a much more prevalent problem than many people realize. In fact, more than four in ten women in Canada have experienced some form of intimate partner violence in their lifetime.

Shenaz is an Associate-Owner of three Shoppers Drug Mart® stores in Chilliwack, Abbotsford and Port Moody, B.C. She has been with the business for close to 20 years and has always been a proud supporter of Shoppers' philanthropic efforts. But the Shoppers Foundation for Women's Health™ Giving Shelter campaign, which supports women's shelters, is a program that hits particularly close to home for Shenaz.

In July of last year, one of Shenaz's former employees, Amber Culley, was tragically murdered by her expartner who she had filed multiple assault charges against. He was due in court the same day she was murdered.

"Amber was only with our team for a short time, but she made such a positive impact," says Shenaz. Amber worked in the post office at Shenaz's Chilliwack store but had also been part of the Beauty team at another Shoppers Drug Mart<sup>®</sup> store for ten years.

"It was a difficult time for the entire store team," says Shenaz. "But our Human Resources Business Partner



at the time, Dayna Chambers, brought in trauma counsellors and other supports to help us process our grief. Our VP of Ops, John Rudzitis, also set up a fundraiser for Amber's children."

From this tragedy came a strong desire in Shenaz to help other women like Amber escape violence. "These types of stories are too common," says Shenaz, who also knows several regular customers who were victims of abuse. "We need to rally together and do what we can for our teams, our customers and our communities."

Shenaz's passion for the cause has been infectious to her store teams, motivating them to get creative with their fundraising efforts. The teams have hosted everything from pub nights and bowling events to ceramic painting parties and spin classes. They have also approached local businesses and vendors to donate. Last year, the teams raised just over \$15,000 combined – double their initial target. They are planning to raise the bar even higher this year and do "everything [they] can possibly think of to raise money," says Shenaz.

Shenaz encourages store teams and colleagues to do their part to show their support – whether that be through fundraising activities, personal donations or spreading the word within their network. "Little drops of water make the mighty ocean," she says. "We may think our contributions are small, but together we can have a tremendous impact."



OUR IMPACT - PROGRAMS

## **Menstrual Equity**

## 1 in 5 menstruators

## struggles to afford

## menstrual products.

The pandemic and economic downturn have exacerbated inequities for women's health – leaving one in four Canadian women having to choose between menstrual products and meals.

Shoppers Foundation for Women's Health™ is taking action to address menstrual equity by improving access to menstrual products and supporting education programs that aim to destigmatize menstruation. We're proud to work with a growing network of partners including Moon Time Sisters, The Period Purse, Alberta Council of Women's Shelters, BC Society of Transition Houses and more.

## **Run for Women**

24k+

walkers & runners

The Shoppers Drug Mart® Run for Women is the largest event series in Canada dedicated to women's mental health. It occurs annually in the spring and includes 5k and 10k run/walk events in 18 different communities across Canada. Since its inception, we have raised more than \$20M for local mental health charities that are improving access to mental health care and support for Canadian women.

"Our mission at CMHA Waterloo Wellington is to build a community where everyone has what they need to live meaningful lives. Healthy women are key to healthy communities, and they need our continued support. Every dollar raised through the Shoppers Drug Mart<sup>®</sup> Run for Women is providing more than 9,700 women in our community with the access to mental health services they need and deserve. Together we are changing and saving lives."

#### **Beth King**

Manager, Fund Development Canadian Mental Health Association Waterloo Wellington (Waterloo, ON)



Shoppers Drug Mart®/Pharmaprix<sup>™D</sup> employees

in donations raised

\$**2.9**M



events across Canada

## **Run for Women**

# Making an impact in local communities.

"Funds raised from the Run for Women will go to support the Little Courageous Daycare. The centre not only helps women but also supports their children who have seen far too much when they are far too young. This will be the first trauma daycare in New Brunswick. With more than nine children living at the Centre, they need our help now more than ever. We are proud to be here to support this work."

#### Kristal LeBlanc Executive Director

Beausejour Family Crisis Resource Centre (Shediac, New Brunswick) SHOPPERS Q / WOMAN

## Building relationships to make a change.

Shoppers Foundation for Women's Health™ is proud to work with leading, national charitable organizations to support initiatives that are driving change by addressing the long standing, entrenched problems that negatively impact women's health.









Canadian Mental Health Association Mental health for all





## Canadian Women's Foundation

"Gender-based violence is a crisis that touches everyone. With the support from Shoppers Foundation for Women's Health™, the Canadian Women's Foundation helps diverse women and Two Spirit, trans, and non-binary people break free from violence and the economic barriers that put them in a vulnerable position. It helps us advocate for change to advance safety and gender equality and justice across Canada."

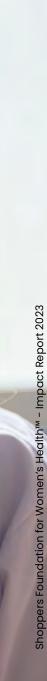
Paulette Senior President and CEO Canadian Women's Foundation

## Women's Health Collective Canada

"Women's Health Collective Canada (WHCC) is the first initiative of its kind designed to build a national movement to close the gap in funding for women's health research. With the tremendous support of Shoppers Foundation for Women's Health™, we are investing in ground-breaking health research and healthcare practices designed for, and by, women to make women's health a priority."

#### **Leslie McCarley**

President and CEO Women's College Hospital Foundation, on behalf of Women's Health Collective Canada



## Board of Directors

Jeff Leger, Chair Lori LeBlanc, Vice Chair George Hamam, Treasurer Nahid Barday, Director Michelle Beam, Director Zebrina Kassam, Director Perry Martin, Director Christine Singh, Director Anthony Spina, Director

## Foundation Team

Paulette Minard Laura Malone Gianna Leva-Germanese









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#### Alberta

Adeara Recovery Centre Airdrie P.O.W.E.R Alexandra Community Health Centre **Aventa Treatment Foundation** for Women Big Hill Haven Women's Shelter Brooks and District Women's Safe Shelter Society Calgary Health Trust **Camrose Women's Shelter** Capella Centre Alberta Central Alberta Women's **Emergency Shelter Discovery House Family Violence Prevention Society** Ermineskin Women's Shelter Society FearlsNotLove Fort Saskatchewan Victim Services Heartland Victim Services Hope Resource Centre Association Jessica Martel Memorial Foundation

Lois Hole Hospital for Women Lurana Shelter Medicine Hat Women's Shelter Society Mountain Rose Women's Shelter Association Northern Haven Support Society Pace Grande Prairie **Parkland Turning Points** Society Peace River Regional Women's Shelter Society **Riseup Society Alberta** Rowan House Society Royal Alexandera Hosptial Foundation Spruce Grove Public Library **Stepping Stones Crisis Society** Strathcona Shelter Society Ltd. True North Waypoints Community Services Association WIN House Edmonton Wings of Providence Society Yellowhead Emergency Shelter for Women Society

YWCA Banff
YWCA Calgary
YWCA Lethbridge & District

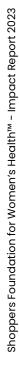
### **British Columbia**

**Aimee Beaulieu Transition** House Amata Transition House Society Ann Davis Transition Society **Archway Community Services** Archway Society for Domestic Peace **BC Women's Health** Foundation Campbell River & North Island **Transition Society Canadian Mental Health** Association for the Kootenays Cariboo Friendship Society Castlegar & District **Community Services Society-**Safe Homes Program **Central Okanagan Emergency** Shelter

Chimo Community Services Cindy Parolin Safe Home CMHA BC Division (Victoria) CMHA Kelowna **Comox Valley Transition** Society Cowichan Women Against Violence Society **Cythera Transition House** Society Desert Sun Counsellina & **Resource Centre Society Dixon Transition Society Eagle Ridge Hospital** Foundation **Elizabeth Fry Society of Greater** Vancouver-Elizabeth Gurney House Fort St. John Women's **Resource Society Grace House Haven Society** Howe Sound Women's Centre Society Ishtar Women's Resource Society

Kootenai Community Centre Society

Ksan Society





### British Columbia (cont.)

Mamas for Mamas Margaret Laurence House North Coast Transition Society North Shore Crisis Services Society Passage Transition House Phoenix Transition Society Sage Haven Society Salvation Army Gateway of Hope Sara For Women Shuswap Area Family **Emergency Society** Sooke Transition House Society South Okanagan Women In Need Society South Peace Community Resource Society (Mizpah House) Surrey Women's Centre Talitha Koum Society Tamitik Status of Women The Cridge Centre for the Family Trail FAIR Society **Tri-City Transitions Society** 

Victoria Women's Transition House Yew Transition House & Thyme Second Stage Transition House

YMCA BC (Y Women's Emergency Shelter) YWCA Metro Vancouver

#### Manitoba

Alpha House Project Aurora House **Bravestone Centre** Eastman Crisis Centre Health Sciences Centre Foundation - Sexual Assault Nurse Examiner Program Ikwe Widdjiitiwin Inc. Mood Disorders Association of Manitoba Nova House Prairie Harbour Inc. South Central Committee on **Family Violence** South Winnipeg Family Information Centre

The Link: Youth and Family Supports Thompson Crisis Centre Willow Place Shelter Women's Health Clinic YWCA Brandon Women's Shelter

#### **New Brunswick**

Beausejour Family Crisis Resource Centre Centre de préventionde la violence Crossroads for Women Inc. Escale MadaVic Inc. Fredericton Homeless Shelters Hestia House Hestia House Inc. L'Accueil Sainte-Famille Inc. Maison de Passage House Inc. Maison Notre-Dame House Inc. Miramichi Emergency Centre for Women

Sussex Vale Transition House Woodstock Sanctuary House

### Newfoundland and Labrador

Cara Transition House Inc.

Committee on Family Violence Grace Sparkes House Inc. Iris Kirby House Karen's Place O'Shaunessy House Carbonear Stella's Circle

#### Nova Scotia

Adsum Association for Women & Children Alice House Antigonish Women's Resource Centre Chrysalis House Association Halifax Transition House Association Juniper House Leeside Transition House Naomi Society South Shore Transition House Association/Harbour House

Tearmann House

Third Place Transition House

**Transition House Foundation** 



#### **Northwest Territories**

YWCA NWT

#### Ontario

**Alzheimer Society Niagara** Foundation Anduhyaun Inc. Anova: A Future Without Violence Armagh Ashley's Place Beendigen Inc. Bernadette McCann House for Women Bethesda House of Mercy Blue Door Support Services **Bowmanville Hosptial** Foundation Camino Wellbeing + Mental Health **Canadian Mental Health** Association **Centre For Addiction And** Mental Health Foundation **Chantel's Place** Chatham Kent Women's

**CMHA** National **CMHA Waterloo Wellington** CMHA Windsor Essex **Cornerstone Family Violence Prevention Centre** Cornerstone Housing for Woman **Embrave Agency to End** Violence **Emily Murphy Second Stage** Residences Ernestine's Women's Shelter **Essential Aid & Family Services** of Ontario **Family Transition Place Faye Peterson House** Gillian's Place Good Shepherd-Martha House **Greater Hamilton Food Share** Green Haven Shelter for Women Guelph-Wellington Women in Crisis Habitat Interlude Haldimand & Norfolk Women's Services Halton Women's Place

Harmony House Women's Shelter Herizon House Hiatus House Homeward Family Shelter Hoshizaki House Dryden **District Crisis Shelter** Huron Women's Shelter Second Stage Housing & Counselling Services **Huronia Transition Homes** Inasmuch House, Mission Services of Hamilton Interval House of Hamilton Interval House of Ottawa Interval House of Toronto **Kingston Interval House** Lanark County Interval House Leeds & Grenville Interval House Lennox Addington Interval House Lisaard and Innisfree House London Abused Women's Centre London Food Bank

Look Good Feel Better Maggie's Resource Centre **Maison Baldwin House** Maison Interlude House Maplegate Women Shelter Markham Stouffville Hosptial Foundation Minwaashin Lodge Indigenous Women's Support Centre Mississaugi Women's Shelter Muskoka Women's Advocacy Group My Friend's House My Sister's Place National Zakat Foundation-Nisa Homes Native Women's Resource Centre of Toronto Nellie's Shelter Nelson House of Ottawa-Carleton **Nipissing Transition House** North York Women's Shelter Northwestern Ontario Women's Centre Nova Vita Women's Shelter Inc.



Centre

### Ontario (cont.)

**Oakville Hospital Foundation** Ontario Shores Centre for Mental Health Sciences **Optimism Place Women's** Shelter & Support Services **Rainy River District Women's** Shelter of Hope **Royal Ottawa Foundation for** Mental Health Sakeenah Canada Sandgate Women's Shelter Sedna Women's Shelter & Support Services Inc. Society of Saint Vincent de Paul - St.Clare's Residence Springwater Township St. Joseph's Healthcare Foundation St. Matthews Harmony House Street Health Community **Nursing Foundation** Sudbury Women's Centre Sudbury YWCA Genevra House The Journey Neighbourhood Centre The Redwood

The Salavation Army Toronto **Evangeline Residence** The Salvation Army Family Life **Resource Centre** The Shoebox Project for Women The Welcome Centre Shelter for Women The Women's Centre Grey and Bruce The Women's Interval Home of Sarnia Lambton **Three Oaks Foundation** Thunder Bay Indigenous **Friendship Centre Timmins and Area Women in** Crisis United Way Oxford **University Hospital Kingston** Foundation Victim Services Of Nipissing District **Violence Against Women** Services Elgin County Welcome Centre Shelter for Women and Families Western Ottawa Community **Resource Centre - Chrysalis** House

Women & Children's Shelter Barrie Women In Crisis (Algoma) Inc. Women's College Hospital Foundation Women's Shelter Saakaate House Women's Centre of York Region Women's Crisis Services of Waterloo Region Women's Habitat of Etobicoke Women's Health Collective Canada Women's House Serving Bruce & Grey Women's Interval Home of Sarnia-Lambton Inc. Women's Place of South Niagara Women's Resources of **Kawartha Lakes** Women's Rural Resource

Centre of Strathroy & Area

Women's Shelters Canada

Yellow Brick House

**Yorktown Family Services** 

YWCA - Women's Centre of Haliburton County YWCA Durham YWCA Genevra House YWCA Muskoka YWCA Niagara Region YWCA Peterborough Haliburton YWCA Toronto Esprit Place

### **Prince Edward Island**

Blooming House

PEI Family Violence Prevention Services Inc.

#### Quebec

Accueils au Cœur de L'Enfance Accueil-Sérénité Alternative pour Elles Anne's House Auberge de l'Amitié Auberge Madeleine Auberge Transition CALACS La Passerelle Centre Amal pour femmes Centre d'hébergement Tipinuaikan

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### Quebec (cont.)

Centre de femmes La Moisson Centre de femmes L'Éclaircie Centre des femmes de Montréal Centre des femmes de **Rivière-des-Prairies** Centre féminin du Saguenay Etape emploi Fondation Carrefour pour Elle **Fondation CERVO** Fondation Jonction pour elle Fondation Y des femmes de Montréal Hébergement La Passerelle Hébergement L'Entre-Deux Inter-Val 1175 L'Escale de l'Estrie Inc. La Chambrée La Clé sur la Porte La Dauphinelle La Débrouille La Fondation Du Refuge Pour Femmes Chez Doris La Gigogne La Maison Bleue

La Maison Dalauze La Maison d'Athéna La Maison de Connivence La Maison des femmes de Baie-Comeau La Maison du Réconfort La Maison grise de Montréal La Maison Le Prélude La Maison L'Esther La Maison Victor-Gadbois La Marie Debout La Passerelle d'Alma La Re-Source de Châteauguay La Rose des Vents de Drummondville La rue des Femmes La Sejournelle L'Accueil Pour Elle L'Arrêt-Source L'Autre Chez Soi L'Autre-Toit du KRTB Le Centre des femmes de Verdun Le Chaînon Le Parados Les Maison de l'Ancre

Listuguj Haven House Maison Alice Desmarais Maison d'accueil La Traverse Maison d'accueil le Mitan Maison d'Ariane Maison de Lina Maison des femmes de Québec Maison d'hébergement d'Anjou Maison d'hébergement La Volte-Face Maison d'hébergement l'Égide de la Prairie Maison du Cœur pour Femmes Maison Hina Maison Le FAR Maison Passages Maison pour femmes immigrantes Maison Unies-Vers-Femmes **Montreal General Hospital** Foundation Partage-Action (Calacs) PasserElle Pavillon Marguerite de Champlain

Regard en Elle Regroup'elles Regroupement des maisons pour femmes victimes Résidence Le Portail Séjour La Bonne Oeuvre Vilavi Villa Pierrot Viol-Secours CALACS de Québec West Island Women's Shelter Women Aware Women on the Rise YWCA Québec

#### Saskatchewan

Battlefords Interval House CMHA Saskatoon Lloydminster Interval Home Society Moose Jaw Transition House North East Outreach and Support Services Partners Family Services Inc. Prince Albert Safe Shelter for Women



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### Saskatchewan (cont.)

Regina Transition House Saskatoon Interval House Inc. Shelwin House - Yorkton Women In Need Inc. Southwest Crisis Services United Way of Saskatoon & Area YWCA Prince Albert YWCA Regina Inc.

#### Yukon

Kaushee's Place



## It's time to

## make women's

## health visible.

To learn more and donate, visit shoppersfoundation.ca

