

There are many ways we can work together and support each other as women!



- **Attend an event or workshop**
- **Come by the Centre and have a chat**
- **Learn or teach something new**
- **Support services and mentorship**
- **Become a member for as low as \$5**
- **Volunteer regularly or occasionally**
- **Offer your services and expertise**

About Us



Avante Women's Centre is a non-profit organization in Brome-Missisquoi that supports women in reaching their full potential through educational and informational workshops, support services, and collective action for social change. Our programming is offered in English.

À propos de nous

Le Centre des femmes Avante est une organisation à but non lucratif qui dessert la région de Brome-Missisquoi qui soutient les femmes dans l'atteinte de leur plein potentiel grâce à des ateliers éducatifs et informatifs, des services de soutien, et des actions collectives pour le changement social. Notre programmation est offert en anglais.



Avante Women's Centre

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Women moving forward together

**Women Empowering Women:
Join, Grow, and Thrive in Our
Supportive and Dynamic
Community.**

Come and see us.

You are always welcome.





We wouldn't exist without the support of our members, our volunteers, our donors and our sponsors. Thank you for supporting women in Brome-Missisquoi!

- Avante Women's Centre Team

Our Services

Women supporting women through every stage of our lives. Moving forward, together!

- Getting back on track
- Making ends meet
- Getting services in English
- Coping with health problems
- Finding a job
- Dealing with emotions
- Learning about women's health
- Parenting
- Dealing with relationships
- Getting out of danger
- Getting out of a difficult situation
- Volunteering and supporting other women

Get Support

All conversations are 100% confidential. We are here to listen and support. You can choose to speak to someone individually, even if it's just to chat or ask questions. You can also attend a support group, even if it is just to listen.

Nos services

Des femmes qui soutiennent d'autres femmes à chaque étape de notre vie. Avançons, ensemble !

- Reprendre le bon chemin
- Joindre les deux bouts
- Obtenir des services en anglais
- Faire face aux problèmes de santé
- Trouver un emploi
- Gérer ses émotions
- S'informer sur la santé des femmes
- Être parent
- Gérer les relations
- Sortir du danger
- Sortir d'une situation difficile
- Faire du bénévolat/soutenir d'autres femmes

Obtenir du soutien

Toutes les conversations sont 100% confidentielles. Nous sommes là pour vous écouter et soutenir. Vous pouvez choisir de parler à quelqu'un individuellement, même si c'est juste pour jaser ou poser des questions, ou assister à un groupe de soutien pour commencer, où vous pouvez simplement écouter.

Our Focus

We help women develop empowerment and self-reliance. We address their diverse needs and their desire to socialize with other women. We also look at the economic and social conditions that discriminate against women, look for solutions, and get involved in the community.

Promoting and defending women's rights towards autonomy and equality since 1997.

** Nous sommes bilingues, mais veuillez prendre note que notre programmation est offerte en anglais.*



Thank you for supporting Avante Women's Centre!



Sign up for our newsletter!
www.awcentre.com