

FOR IMMEDIATE RELEASE

**Howe Sound Women's Centre Society Invites Men To Step It Up  
In The Annual Walk A Mile In Her Shoes® Event**

SQUAMISH, BC (August 28, 2017) Howe Sound Women's Centre Society (HSWC) is inviting men of the Sea to Sky Corridor to participate in the 9<sup>th</sup> annual Walk a Mile in Her Shoes® event on Saturday, September 23, 2017 at O'Siyam Pavilion Park. The event is part of an international men's march to end rape, sexual assault and gender-based violence. Participants raise pledges for Howe Sound Women's Centre programs leading up to the event, where they will walk a symbolic mile down Cleveland Avenue in red high heel shoes to take a visible stand against gender-based violence and abuse.

"The Walk a Mile in Her Shoes event is near and dear to our hearts, because it's a rare opportunity to visibly engage men in our work to end gender-based violence," says Megan Reynolds, executive director of Howe Sound Women's Centre Society. "By participating in the event, men are able to demonstrate their values of equality and safety for our community in a really meaningful way. Furthermore, the funds they raise help to ensure the continuity of our programs for the future, so we can be here to help when women and their children do experience violence."

Last year, 45 participants raised \$9,772 to support the operation of HSWC's Drop-In Centre programs, where more than 1,900 women and 260 children visited last year for crisis intervention, support, referrals and advocacy. HSWC's fundraising goal is \$10,000 for the 2017 event.

Participants are encouraged to have fun forming teams and challenging others from their place of work, their family, or their friends as they gather pledges prior to the event. Family, friends and community members are encouraged to march alongside them in solidarity for women and children impacted by violence. District of Squamish Mayor Patricia Heintzman will be on hand to provide walking tips, and prizes will be awarded to the most animated walkers.

Registration for Walk a Mile In Her Shoes will begin at 10:30 am on September 23, with the walk starting at 11:00 am. Event waiver, registration and pledge forms are available online at [www.hswc.ca/walkamile](http://www.hswc.ca/walkamile). High heel shoes will be provided, and advance registration is encouraged to secure correct shoe size. Squamish Savings, Mountain FM, The Squamish Chief, Coast Mountain Photography and Galileo Coffee Company are sponsoring the event.

**About The Howe Sound Women's Centre Society**

The Howe Sound Women's Centre Society is a purpose driven charitable organization that has been serving on the traditional territories of the Squamish and Lil'wat Nations in the Sea to Sky Corridor for 35 years. The Women's Centre is focused on supporting women, children and youth who are in need of emergency shelter, support, referrals and advocacy, and in particular, those who are experiencing high conflict, violence or abuse. The Women's Centre offers emergency housing through Pearl's Place Transition House and Pearl's Safe Home, children and youth focused programs such as Children Who Witness Abuse counselling, Working Through Separation and Divorce counselling, and Violence is Preventable education, multicultural outreach, and health and wellness programs. We acknowledge and respect the unique needs of Indigenous women and their families given the history and ongoing impacts of colonization and oppression in Canada. The Squamish and Whistler Women's Centres receive over 3,675 visits annually. The

Women's Centre also operates Pearl's Value & Vintage, a second hand thrift store selling gently used and vintage goods, with all proceeds from sales supporting Howe Sound Women's Centre Society programs. For more information, visit [www.hswc.ca](http://www.hswc.ca).

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