

Harm Reduction

We define harm reduction as a range of non-judgmental strategies and approaches for providing services, supports and information to individuals, their families, and communities which encourage people to be safer and healthier.

Stepping Out provides harm reduction services within a framework which acknowledges that the realities of poverty, class, racism, social isolation, past trauma, gender-based discrimination and other social inequalities affect both people's vulnerability to and capacity for effectively dealing with drug-related harm.

Drop-in:

285

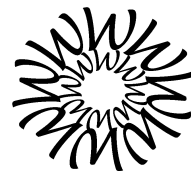
Selby St

-front door-

Please ring

Every Monday

1-3 pm



NANAIMO WOMEN'S
RESOURCES SOCIETY
women helping women



Stepping Out

A safe
place
to go

What is Stepping Out?

Stepping Out is a program that offers services to provide support, information, & advocacy to women who are, or have been, active in the sex trade; and provide access to support services that encourage successful lifestyle changes.

Vision Statement

To provide a safe and inclusive environment for marginalized women who's lives are impacted due to involvement with prostitution.

Why do we need Stepping Out in Nanaimo?

Nanaimo is at a minimum for services for homeless or street entrenched women. We offer services from a harm reduction model, without judgment or pressure.

For other help options Contact

The Nanaimo Women's
Centre
(250.753.0633)
285 Selby St
Tues-Fri 10-3
Thurs evening 6:30-10

or call HAVEN
(250.756.2452- EXT 245)

or call Stepping Out
(250-755-6140)

**IF You are concerned about
the Red Zone call 250-755-6140**

Where is it held?

Monday drop-in, 1-3 pm, at 285
Selby Street.

How can I help?

If you have food, clothes, or craft items to donate, please contact:

The Nanaimo Women's Centre

Phone 250.753.0633

Fax 250-753-9506

285 Selby Street, Nanaimo, BC V9R 2R2

My donation

\$100 \$75 \$50 \$25 Other \$ _____

We subscribe to ethical fundraising practices and adhere to BC's Privacy Legislation, Bill 38.

"I like how people treat you here, the staff is awesome. I was helped without any judgments. I remember when staff first brought me in I was pregnant, I was homeless, and I was on the street trying to survive. When I came in, I needed food, I remember being really hungry and dirty. I've never been

Stepping Out