



TOGETHER WE CAN

Who we are:

Courage in Action is a registered charity helping women coming from difficult circumstances move forward in their lives.

Our vision:

A national sisterhood empowering women to overcome adversity and create positive change.

Our mission:

To bring women together to inspire confidence, foster friendships and teach life skills as they move from adversity to possibility.

“I felt so isolated, unsupported, and alone for so many years when I was living in silence about the abuse I had experienced and witnessed. Now I am plugged into the most amazing network of women and it is always growing and expanding.”

A Courage in Action
program participant

About Us

courageinaction.ca

Our doors are **open to women from different walks of life who have faced varied struggles**. Each member has their own story and we respect that. We have welcomed women who have suffered abuse, women with disabilities who need peer support, single mothers who are looking to connect with other women, newcomer women, women from Indigenous and racialized communities looking for support and women who have faced trauma and PTSD. We meet our members right where they are and through our educational programming, hope based mentoring, peer support and bursaries, we help them regain self-confidence to rebuild their lives.

415

Number of participants in 2021 and 2022 who attended our programs on topics ranging from self-development to personal finance.

\$18.5K

Amount given in bursaries to 8 talented women through a rigorous selection process since 2018.

1.9K

Number of downloads of our 47 podcast episodes which focus on self-care and development.

40

Number of mentees in our Mentor Circle cohorts since 2020.

“This is a stellar program. Highly professional, insightful, tailored individually to each person. I cannot believe that there is no charge for this program. It is easily the best kept secret in Canada right now. It was great to get back into doing what brings me joy in life. I feel confident.”

A Courage in Action Mentor program participant

What We Do

courageinaction.ca

We aim to empower our participants through education, workshops, and activities, inspiring them to achieve new outcomes. Our programs are free for members of Courage in Action and are run by volunteers, generously supported by sponsors.

Programs

- All About Me
- The Power Within
- Becoming Your Best
- Sisters Supporting Sisters
- Thrive
- Lead with Courage
- Specialty Programs
- Job Search & Objectives
- Financial Programs
 - Part One:
Basic Financial Literacy Program
 - Part Two:
New Approach to Budgeting

Conferences (Virtual or In Person)

Join us in celebrating the COURAGE of women who have chosen to move forward in their lives.

Annual Bursary

A bursary is given to a student to help pay for continuing education.

Mentor Circle

is a collaborative relationship between a Mentor and a Mentee who is open to coaching and feedback. It is a supportive process of discovery, goal setting, and learning new skills to move from adversity to possibility.

“I had not written a resume in 10 years. My mentor was very knowledgeable and helped me to pull all the pieces together. My first resume landed me the position that I am now serving in!”

A Courage in Action program participant