

A THIRSTY BIRD IS IN SEARCH OF WATER ON A HOT DAY. SHE SEES A PITCHER OF WATER ON THE GROUND NEARBY, BUT THE WATER SITS TOO LOW AND OUT OF REACH. SHE ALSO SEES PEBBLES CLOSE BY AND THINKS OF A PLAN...BY PLACING THE PEBBLES IN THE PITCHER, SHE MAKES THE WATER RISE AND ENJOYS A MUCH NEEDED COOL DRINK.

WOMEN ARE CHANGEMAKERS

This popular fable of the 'Crow and the Pitcher' was used as a springboard for dialogue with communities in Ontario. Participants talked about what was important to them using these symbols from the story:

THE BIRD = agents of positive change

THE PITCHER = challenges or issues they face

THE PEBBLES = ways to bring about change

The story was recreated in over 12 community sessions using original artwork from collages to 3D creations. The resounding message was of the powerful role we all play in making change.

COMMUNITY

We believe social support is vital to emotional wellbeing. We challenge stigma, violence, social isolation and discrimination, and advocate along with the women in our lives.

SELF

We are powerful women who can take action. At times, we may feel alone, anxious or fearful but we believe in ourselves. We wish for happiness and our hope keeps us going.

SOCIAL SYSTEMS

We recognize the structural barriers women face such as employment insecurity, unsafe and unaffordable housing, lack of child care, harmful laws and lack of service access. We can be advocates through activism, awareness and by practicing 'nothing about us without us.'

