

5 YEAR REPORT

PROTECT SAFE ABORTION
ABORTIONS IS HEALTHCARE

it's okay
to get an
abortion.



its okay
to get an
abortion

**niagara
reproductive
justice 2019-2024**

niagarareproductivejustice.com

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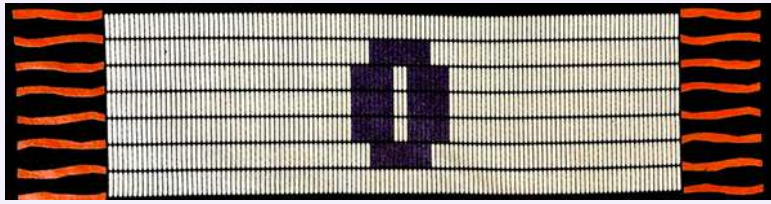
Acknowledgements

One of our first values in our Values Statement is that solidarity with Indigenous resistance and solidarity is central to reproductive justice and we must prioritize this solidarity in all of our work. Over the last five years at NRJ, we have had many conversations about what this looks like. How do we, at an organizational level, move away from scripted land acknowledgements and toward meaningful relationships with local activism and decolonization efforts?

The land on which NRJ's work takes place is stewarded by the Anishinaabe, Haudenosaunee, Wendat, and Chonnonton nations and has been for the better part of a millennium. Various treaties have been negotiated to ensure respect and responsibility for the land and its inhabitants. We believe it is important to learn about these treaties as individuals who live and work on this land.

A key treaty governing this territory is the Dish with One Spoon agreement.* This treaty is between the Anishinaabe, Mississaugas, and Haudenosaunee, binding them to share the territory and protect the land. It was first negotiated over 800 years ago and still governs this land. It requires that the people who live here and pass through here only take what they need and leave enough resources behind for other people and the generations to come.

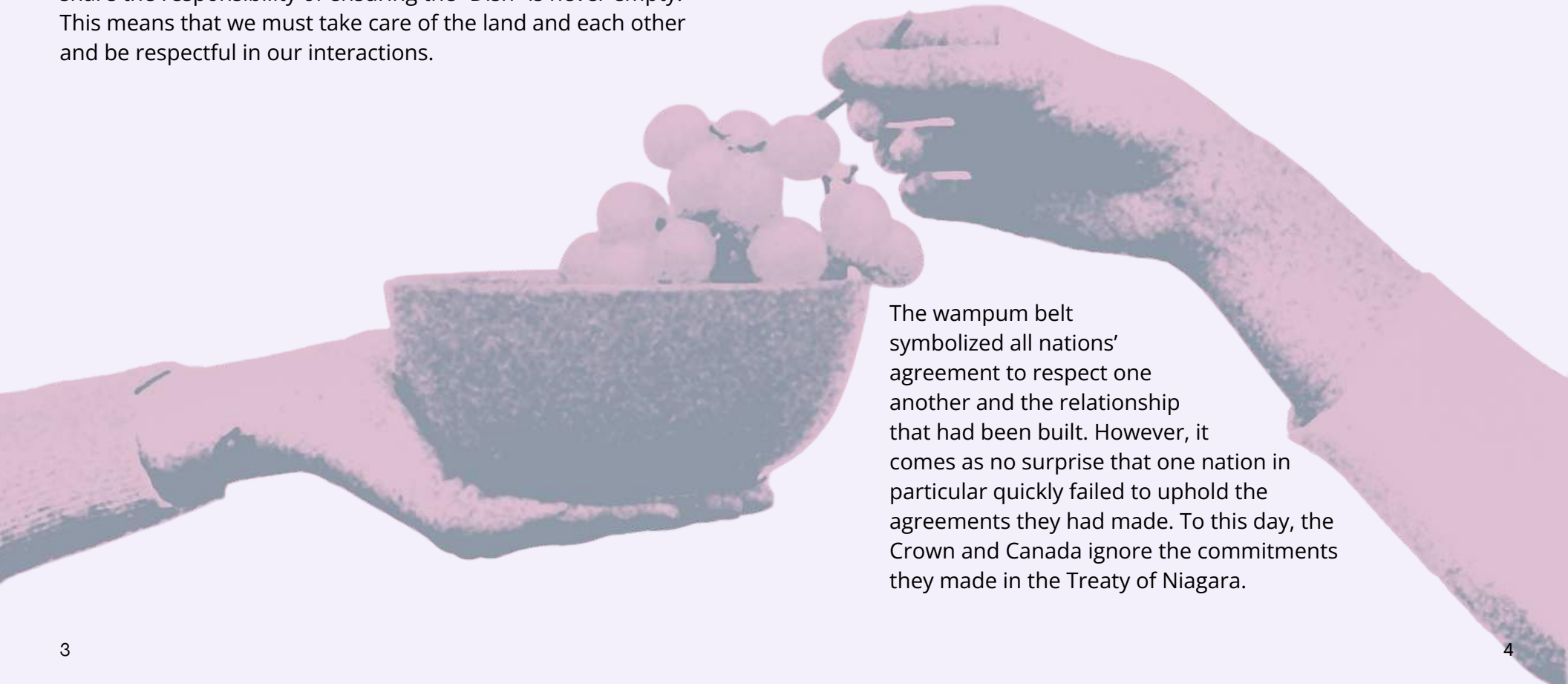
**native-land.ca*



The colours of the beads used in the wampum belt symbolize peace and friendship. The treaty overall represents a mutual respect for each other, the land, and the creatures with whom we share the land.

Subsequent Indigenous nations and peoples, settlers, and all newcomers have been invited into this treaty, and therefore, all share the responsibility of ensuring the "Dish" is never empty. This means that we must take care of the land and each other and be respectful in our interactions.

Hundreds of years later, another treaty was brought forth by the European colonizers and negotiated between them and 24 Indigenous nations, who met in Niagara to finalize the agreement. The Treaty of Fort Niagara of 1764 amended and formalized the Royal Proclamation of 1763 that was put forward by the Crown.

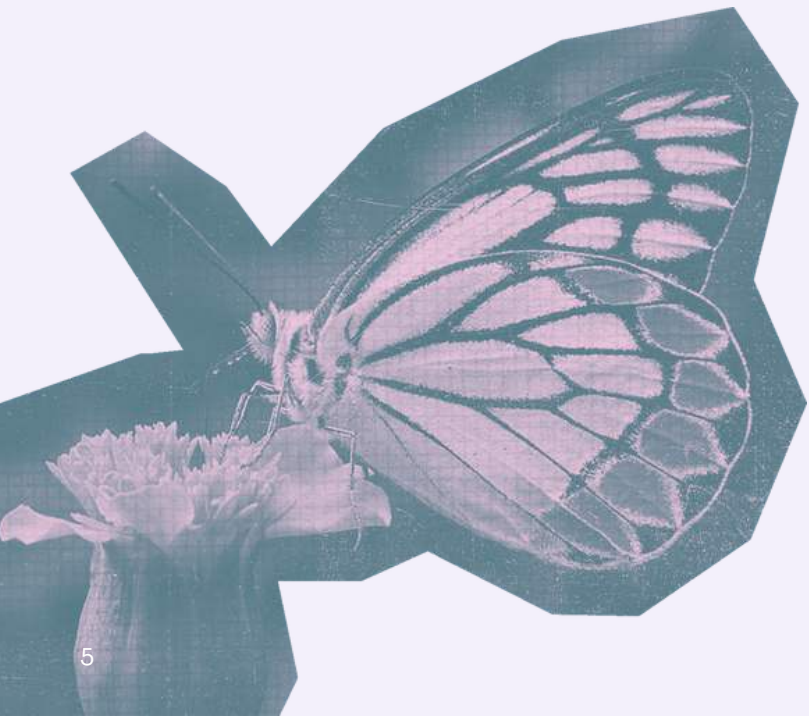


The wampum belt symbolized all nations' agreement to respect one another and the relationship that had been built. However, it comes as no surprise that one nation in particular quickly failed to uphold the agreements they had made. To this day, the Crown and Canada ignore the commitments they made in the Treaty of Niagara.

Canada also continues to support and participate in colonial and imperialist projects elsewhere in the name of prosperity for the Canadian colonial state. Most notably, Canada has been an active participant in the genocide and land theft of Palestinians, in furthering the climate crisis that has forced millions of people worldwide to flee their homes, and through the unfair treatment of migrant workers in Canada who are denied permanent status and equal rights to Canadian citizens.

Understanding these realities is helpful only if we also build and maintain relationships with the land and the people immediately around us.

One good way to build these relationships is to accept the invitations that we all receive to take part in community events, rallies, and calls to action. There are some annual commemorative days and days of action that we can mark on our calendars now:



February 14
**National Day of Action for
Murdered and Missing
Indigenous Women**

March 21
**International Day for the
Elimination of Racial
Discrimination**

March 25
**International Day of the
Remembrance of the Victims
of Slavery and the
Transatlantic Slave Trade**

April 4
Refugee Rights Day

May 5
Red Dress Day

June 16
**National Indigenous Peoples
Day**

June 20
World Refugee Day

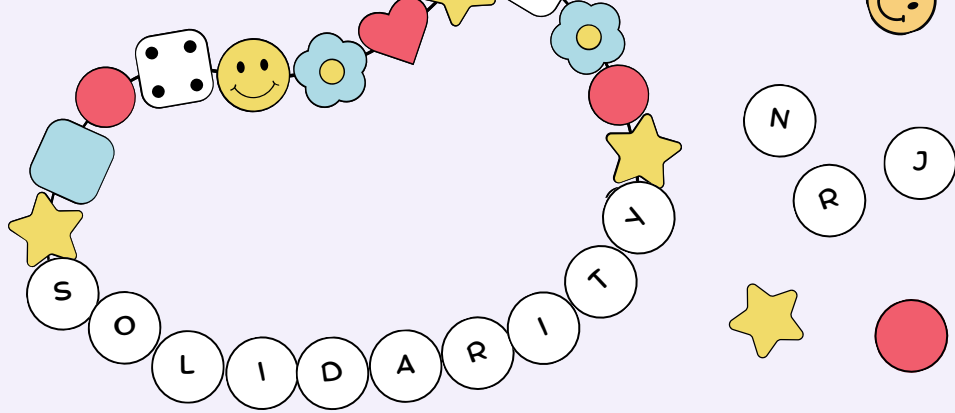
August 1
Emancipation Day

September 30
**Orange Shirt Day / National
Day for Truth and
Reconciliation**

October 4
Sisters In Spirit Vigil

November 29
**International Day of Solidarity
with the Palestinian People**





In order to stay up-to-date with calls to action and other community events, we recommend staying in touch with the following local organizations:

- Black Owned 905
- Black Student Success Centre at Brock
- Brock BIPOC Collective
- Brock Student Justice Centre
- De dwa da dehs nye>s - Aboriginal Health Centre
- Fort Erie Native Friendship Centre
- Future Black Female
- Hadiya'dagénhahs First Nations, Métis and Inuit Student Centre
- Matter of Black Niagara
- Medicine for the Resistance
- Migrant Workers Alliance for Change
- Niagara Folk Arts Multicultural Centre
- Niagara Migrant Workers Interest Group
- Niagara Palestine Coalition
- Niagara Regional Native Centre
- One Dish One Mic
- Salem Chapel BME Church
- Strong Water Singers
- @mfwsupp0rt (Instagram)



Note from the Team

Hey there!

We're thrilled to share this 5-year report with you. As a group deeply rooted in the community and driven by passion rather than tradition, our report might look a bit different from what you're used to. We want to share with you what we've been working on, how we've gotten here, and what we're looking forward to next in hopes that this reflection can be part of advancing the reproductive justice movement

We're a grassroots group that is situated within a long history of activism in the Niagara Region, to which we strive to be accountable and generative. We've benefited greatly from the free labour provided to us by seasoned activists and longtime community members within and outside of NRJ, and we're excited to celebrate our collective efforts and the strides we've made together.

We also want to take a moment to introduce ourselves a bit more explicitly. As a group modelled on non-hierarchical mutual aid, NRJ members do this work because we have to. Our community continues to fall through the cracks of a healthcare system not built to serve everyone equally, so we have to try to fill these gaps for ourselves and our neighbours.



At our largest, we've numbered around 25 active participants, and at our smallest, we've been just three. While our group may be small, our commitment is immense. We're students, caregivers, workers, parents, union members, and activists with other groups and causes. While most of our members live in Niagara, we have folks from the GTA, Sault Ste Marie, Halifax, Montreal, and Chicago as well. Understanding who we are and where we come from helps paint a fuller picture of our efforts and the unique perspective we bring to our work.

Thank you for being a part of this work with us. We look forward to further collaboration, reflection, hard work, and positive changes in our ongoing pursuit of reproductive justice.

*In solidarity,
The NRJ Team*



About NRJ

Niagara Reproductive Justice (NRJ) is a group of community members advocating for increased visibility of and access to sexual health resources in Niagara.

Currently, we focus primarily on increasing abortion access throughout the region. In the future, we hope to expand to support a broad range of reproductive care needs aligned with the Reproductive Justice framework. The Reproductive Justice (RJ) framework was developed by a group of 12 Black women who convened in Chicago in 1994 to respond to the prominent racist feminist movement whose reproductive politics were limited to discussions around "choice" and failed to adequately acknowledge reproductive oppression.

They sought to create a new movement built off of the centuries of radical work and resistance of Black people, Indigenous people, immigrants, trans people, queer people, and disabled people, and they called it **Reproductive Justice**. The three tenets of reproductive justice are:

1. The right to have children (and to decide how many and under what conditions you have children);
2. The right to not have children (including the right to birth control, abortion, and abstinence);
3. The right to raise children in a safe and healthy environment - free from violence by individuals or the state.

Our understanding of these tenets is largely guided by SisterSong: Women of Color Reproductive Justice Collective. Founded in 1997, SisterSong is a national, grassroots organization based in the Southern United States that works to improve the reproductive health and rights of women of colour and Indigenous women.

SisterSong has been a pioneer in the movement for reproductive justice and has played a key role in popularising the reproductive justice framework, which is based on centuries of radical work by Black women, Indigenous women, People of the Global Majority, two-spirit and trans people, disabled people, and immigrants.



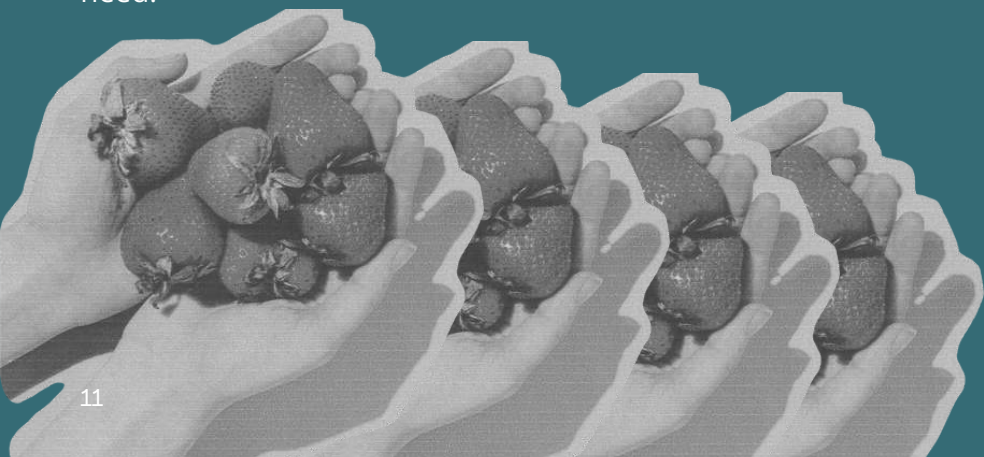
We are an Action Group of OPIRG Brock - a local organization focused on connecting people to campus and community activism and services across Niagara.

We are non-hierarchical and do not have a formal leadership structure.

Our Values

NRJ operates under a mutual aid framework.

Oppressive systems – such as capitalism – create the conditions for poverty to exist. Mutual aid works to foster community resilience by encouraging people to support each other through voluntary cooperation, solidarity and shared resources in times of need.



All activism begins with Indigenous solidarity.

Solidarity with Indigenous resistance and decolonization is central to reproductive justice. The Niagara Region has been and continues to be a site of colonization and remains the home of the Haudenosaunee, Anishinaabeg, Wendat, and Chonnonton nations, who have taken care of this land for time immemorial. As reproductive justice advocates, NRJ must prioritize issues faced by Indigenous peoples in all our work.



Sex work is real work.

NRJ calls for the full decriminalization of sex work as well as rights, safety, and respect for all sex workers. All types of labour under capitalism, including sex work, is the selling of one's skills, knowledge and body. The reproductive justice movement has always relied on sex worker leadership, and NRJ is committed to supporting sex workers as we all fight for bodily autonomy from the state.



Black Lives Matter, Black Trans Lives Matter.

Black people, especially Black trans women, face high rates of violence, discrimination, and poverty and experience additional obstacles to accessing sexual health services in Canada. The reproductive justice movement was started by Black women in 1994 to defend the needs of women of colour and to provide a framework for building a world where everyone has access to the resources they need to decide when, if, and how to have and raise children with dignity. NRJ seeks to uphold the anti-racist and revolutionary values of the original founders of the movement.

We believe that being pro-choice is not enough.

In order to make choices about your body and your life, you need to have access to the resources you need to make those choices – such as access to healthcare, transportation, money, and a support system. We also need to make sure that, as well as having access to abortion, everyone has the right to have children under the conditions they want to have them and to raise them in a safe and healthy environment. This means that reproductive justice is deeply connected to other forms of justice, including decolonization, racial justice, prison and police abolition, immigrant justice, environmental justice, economic justice, and disability justice, among many others.

We believe in a world where all people have control over their own bodies.

This includes the ability to safely self-prescribe abortion, estrogen, testosterone, and birth control, and freedom from state control over reproduction such as forced sterilization, coerced substance use treatment, incarceration, unjust intervention by the child welfare system, and an end to the forced assimilation and cultural genocide committed against Indigenous families.

We believe in the abolition of prisons and policing.

Regional and national police and military forces, which exist to protect the property of the white, wealthy class and maintain class and racial divisions, pose one of the greatest dangers to bodily autonomy. Likewise, prisons are sites of extreme gendered and racialized violence, including sexual violence and denial of healthcare, and are part of the colonial eugenics project. Policing and prisons are incompatible with reproductive justice.

We do not believe in gender policing.

This includes any form of transmedicalism, trans-exclusionary radical feminism, or transphobia. “Biological sex” and gender are both social constructs that should be abolished.

All of our work must be informed by and help achieve disability justice.

People with disabilities have always been, and remain, a target of state reproductive violence and control. Similarly, the anti-choice movement has a long history of tokenizing and perpetuating harm against disabled people. It is our job to combat those narratives in all of our work. As an organization, we strive to resist ableism in all forms and work towards making our events, meetings, materials, and resources accessible to all.

All of our work must be informed by and help achieve fat liberation.

Fatphobia is pervasive in healthcare and prevents people from accessing the healthcare that they want and need, including sexual healthcare and pregnancy support. Fatphobia within the medical system continues to harm and kill individuals. This means that reproductive justice is inextricably tied to fat liberation, where everyone’s ability to participate in society—including access to adequate and affirming sexual and reproductive healthcare—is not determined by their size or ability.

We believe in a harm reduction approach to substance use.

We support the legalization of all substances and access to safer supply. We strive to make our organization, events, and campaigns accessible and safe for people who use substances.

We support the safety and voices of survivors of violence.

This includes, but is not limited to, intimate partner violence, gender-based violence, and state violence. Practically, this means we take measures to protect the privacy of people who reach out to us for support, adding a quick exit to our website, and adding content warnings to potentially triggering social media posts. On a bigger scale, this means we support issues which will help end gender-based violence and support survivors, such as prison and police abolition, economic justice, housing for all, and other human rights solutions.

NRJ is a collective of people.

As such we are non-hierarchical and invested in a culture of calling one another in and self-education. We also respect that sometimes calling out, rather than calling in, is necessary to create a safe and accountable space.

We are an Action Group of OPIRG Brock.

As such, we follow OPIRG Brock's Safer Space Policy and procedures in the case of violations of the Safer Space Policy by any members or volunteers. You can access OPIRG Brock's Safer Space Policy here. For more important policy documents, visit OPIRG Brock's website at www.opirgbrock.com/important-documents.

As an addition to this policy, NRJ does not engage in debates via social media. Harmful comments on our posts will be deleted and, when appropriate, the person will be sent a private message informing them of our policy and directing them to additional resources. Should the person continue to post harmful comments, they will be blocked from our account.



Our History

Niagara Reproductive Justice was started in the summer of 2019 to respond to the active anti-abortion billboards and movement in Niagara. A small group of community members came together to try to figure out what we could do. We became an OPIRG Brock Action Group, which provided us with the initial support, resources, training, materials, and funding needed to get off the ground. They continue to provide us with essential support today. Positive Living Niagara was also instrumental in our early days (and still is!), allowing us to use their meeting space and providing opportunities to network and reach wider audiences. We focused primarily on social media campaigns and community crafting events ("craftivism") to get the community involved and determine what shape our organization would take.

NRJ was in its infancy when the pandemic hit in early 2020. We cancelled all our meetings, lost most of our members, and spent much of the year deciding if NRJ could survive in Niagara during a pandemic. With the resources and network provided to us by OPIRG, we started recruiting and retaining new members. By 2021, we had relaunched with two defined focuses: monitoring the local anti-choice movement and building an abortion support network.

Our **Monitoring Anti-Choicers** (MAC) team developed the Rapid Response Network (RRN), which is a network of volunteers who respond to anti-choice activity in Niagara in real time. The goal of these teams is to counter misinformation about abortion and reduce the presence of anti-abortion activity in Niagara, such as protests, billboards, and events. In particular, the team has targeted local crisis pregnancy centres (CPCs) and the graphic materials displayed and distributed by the local chapter of a national anti-abortion agency.



The Abortion Support Services team spent 2021-2022 laying the groundwork for what is now our **Abortion & Reproductive Support Network** (ARSN). We administered a survey to learn about the experiences of people in Niagara who have accessed abortion, talked with countless social services and healthcare providers, interviewed other grassroots abortion support networks across the country and in the U.S., attended trainings, and built Niagara's only publicly-available database of nearby abortion clinics and resources. We used this research to develop the policies and operations of ARSN, which launched in 2023 with volunteers ready to provide on-the-ground support for people accessing abortion in Niagara. In 2024, we expanded to include our Driver Network to meet the growing demand for transportation to and from appointments.

Throughout this work, we have continued to host our "craftivism" meetups, administer public webinars and trainings and collaborate with other local organizations to offer our services to their audiences. We were active members of the coalition that hosted the hybrid model Titillating Talks Speakers Series at the Niagara-on-the-Lake Public Library and sit on the Niagara Transgender Action Coalition. We also run an experiential learning placement program for students of Brock University and Toronto Metropolitan University, and we continue to produce posters, zines, buttons, and informational materials that we put on our website for free and public use.

We continue to be entirely volunteer-run. We couldn't have made it to five years without the incredible hard work of so many people and their willingness to believe in what we can accomplish together.



Our Work

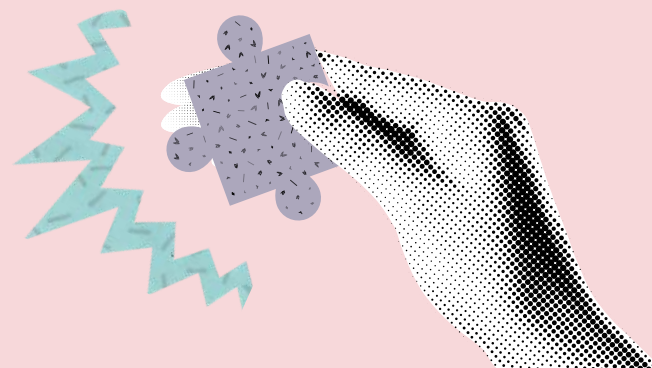
Abortion and Reproductive Support Network

After two years of planning, NRJ officially launched our Abortion and Reproductive Support Network (ARSN) in March 2023. Working in collaboration with service providers and community partners, ARSN is a network of community volunteers and can support clients with:

- Funding to cover costs related to abortion care, such as transportation, childcare, food, and other related needs
- Transportation to and from appointments related to abortion care
- Connections with other organizations and providers, such as abortion doulas and other health services
- Coordination and logistical support
- A care package and other small supplies

The necessity of ARSN became clear when community members contacted NRJ for abortion support, even before we officially offered such services. This prompted us to consider whether we could address this unmet need within the community. Our initial step was to assess whether a service gap existed and to identify what exactly was missing.

The first thing we did was put out an Abortion in Niagara survey to solicit personal experiences with accessing abortion in the Niagara Region.



Survey Results

- 44 participants
- 60% travelled out of the region to have their abortion (23% Hamilton, 20% Mississauga, 7% Toronto, 1 person travelled internationally)
- 33% of people received a referral through a Niagara Region Sexual Health Clinic, 20% from their GP, 14% from a walk-in or other clinic, and 33% didn't get a referral.
- 28% indicated that they did not have access to all the practical resources they needed for the abortion.
- 45% paid or partially paid for the abortion itself
- 75% were able to get an abortion within two weeks of making the decision to get one.
- ~80% were procedural. When asked why they had a procedural abortion rather than a medication abortion, over half said it was due to lack of access to medication abortion.

The biggest issues identified from the survey were the **requirement to travel outside of Niagara, negative or confusing referral experiences, and costs associated with abortion and travel.** We knew from these results that there was a need for greater abortion support in Niagara; the next step was to figure out if this was a gap that NRJ could fill.

We requested interviews with all of the grassroots, community-based abortion support groups we could find and ultimately met with:

- Alberta Abortion Access Network
- Abortion Support Services Atlantic
- Cascade Abortion Support Services
- Ottawa Abortion Doula Collective
- Saskatchewan Abortion Support Network



We also networked with local service providers to build a resource database and training materials. After two years of work, we launched ARSN with three trained volunteers and four internal NRJ coordinators.

Since our launch, we have grown to 6 volunteers and 6 coordinators and expanded to include a Driver Network with 10 trained volunteers who can provide transportation to our clients, driving as far as Toronto and London.

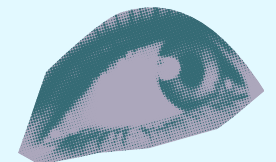
We receive most of our referrals from the Niagara Region Public Health Sexual Health Centre, Positive Living Niagara, and various migrant worker, international student, and refugee support networks. **We could not do this work without Action Canada for Sexual Health and Rights and the National Abortion Federation of Canada.**

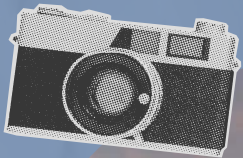
We have been running 7 days a week, 52 weeks a year since our launch.



Monitoring Anti-Choicers

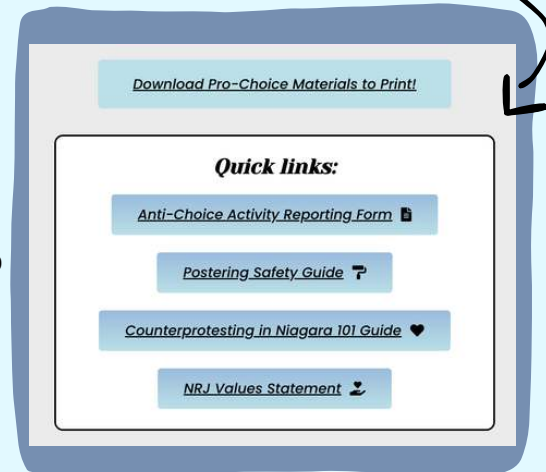
Anti-abortion billboards are the reason that NRJ was started, and we remain committed to monitoring the activities of local anti-choice organizations, including crisis pregnancy centres (CPCs). We have successfully reached out to local companies and government health facilities to encourage them to break ties with organizations that are anti-choice, including Niagara Life Centre and Clarity Pregnancy Options. We have also **run social media campaigns, written letters, protested outside of MPP Oosterhoff's office, and presented to local health bodies** all in the name of fighting dis- and misinformation created and circulated by CPCs and anti-choice organizations.



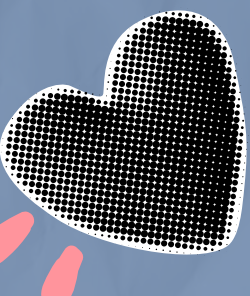


To tackle such a large problem, we assembled an additional team of 50 volunteers, called the **Rapid Response Network (RRN)**, who were ready to mobilize on short notice to counterprotest anti-choicers. Not wanting to send volunteers unprepared, we held a skill-building workshop, and created the Counterprotesting 101 Emotional Health & Safety Guide and a library of resources.

We rely on the public to help us identify and share anti-choice activity with our **Anti-Choice Activity in Niagara Reporting Form**, and host an interactive map detailing the locations and actions, which is available on our website, along with information about local anti-choice groups.



In 2023, our MAC team celebrated a huge win with the St. Catharines city council adopting a bylaw that places restrictions on how graphic flyers can be distributed after hearing an RRN member speak in favour of this motion. The impact statements collected by NRJ from community members detailed the harm caused by these images and the need to regulate them. Unfortunately, due to a lawsuit by an anti-abortion organization, the bylaw has recently been repealed. The bylaw will be redrafted and hopefully will be passed again by city council, along with other city and regional bylaws to address graphic anti-abortion signage and similar issues. We continue to collect testimonials at bit.ly/reportantichoice.



We continue to see our free, publicly-available posters up across the cities of St. Catharines and Welland, alerting people to the presence of CPCs in their neighbourhood and reaffirming the narrative that **it's okay to get an abortion**.

Policy, Advocacy, and Programming

PAP is a new team to NRJ as of 2023! Once we were able to launch ARSN, we decided we needed a new team to address other factors which were limiting people from accessing abortion and other reproductive care.

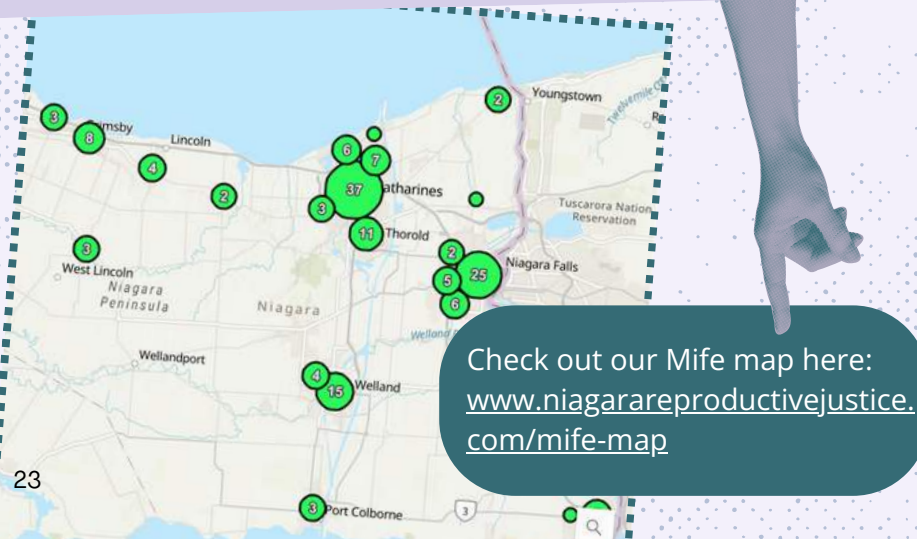
Mife Mapping

Just a few months ago, we launched our Niagara Mifegymiso (“mife”) map! Mifegymiso is a 2-pill medication that is used around the world for medical abortion.

Mife mapping involves tracking the accessibility, distribution, and usage of Mifegymiso across regions.

Mapping which pharmacies carry Mife helps identify gaps in availability, improve access to safe abortion care, and ensure everyone who needs it can get it. Studies suggest that when healthcare providers know which pharmacies dispense Mife, they are more likely to prescribe it!

One of our amazing placement students called 143 pharmacies throughout Niagara. 114 of them told us that they carry Mife or can order it to be delivered the next day. **That’s 80% of pharmacies in Niagara!**

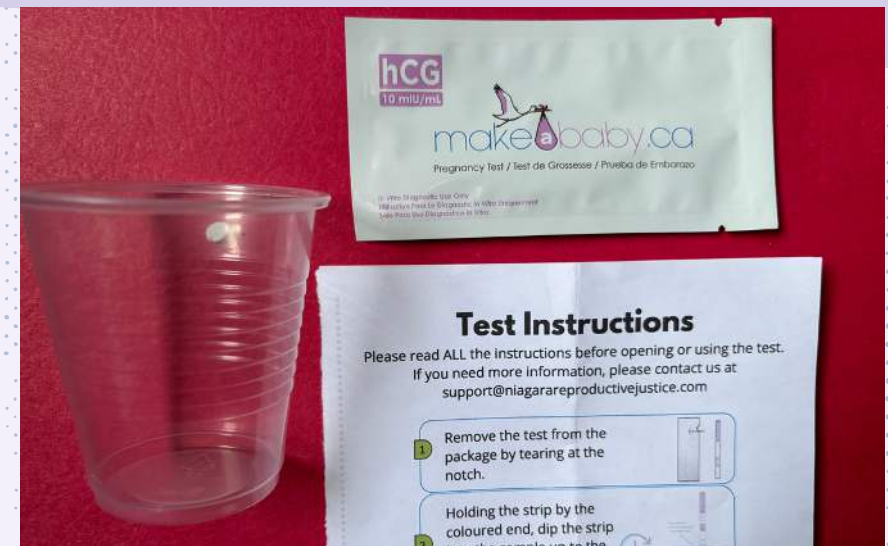


Pregnancy Test Kits

We have been working toward being able to set up free pregnancy test kits at community spaces, with kits available in Spanish, French, and English. Each kit contains 2 pregnancy tests & instructions, a urine collection cup, and an info card letting people know where to find more resources for positive test results.

Some folks may struggle to know if they are pregnant due to irregular menstrual cycles, barriers and stigma to accessing healthcare, or not being able to afford tests. The earlier people know they are pregnant, the more options are available to them, whether they decide to continue or end the pregnancy. We are hoping to launch these kits in additional languages in the near future!

In order to launch this project, we need community spaces that are willing to host the test kits! For more info, see p.38

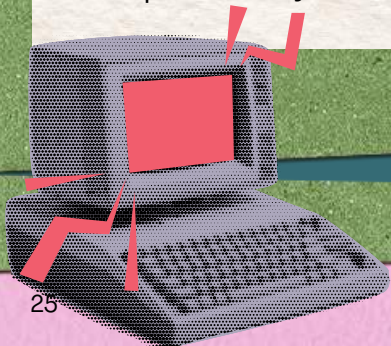


Community Knowledge Sharing

As a mutual aid collective, NRJ is made up of members who are navigating the issues that we are collectively working to change. As we learn more about resource pathways through our personal lives and advocacy, we work to share this information with the wider community. We also want our advocacy to be informed by the experiences of others in our community who are not directly involved with NRJ, so we have built a number of community knowledge- and skill-sharing tools and platforms to facilitate this mutual aid.

- How to Access Abortion in Niagara webinar series
- Niagara Resources Database
- Anti-Choice Activity Reporting Form
- Share your Experience with Healthcare form
- Abortion in Niagara Survey
- Anti-Choice Activity Tracker
- Niagara Resources Map
- Mife Map
- Counterprotesting 101 Emotional Health & Safety Guide
- Postering Safety Guide
- How to File Complaints to Ad Standards Guide
- Actually Accurate Information Zine series (3 zines)
- How to Access Abortion in Niagara Guide
- How to Access Abortion Past 24 Weeks Guide
- Reproductive Justice Educational Resources Database

Tools



see anti-choice messaging or protestors around town?
report it!



fill out the *Anti-Choice Activity in Niagara Reporting Form* by scanning the QR code or find it at bit.ly/reportanti choicers

HOW TO ACCESS ABORTION IN NIAGARA: A SKILL BUILDING WEBINAR FOR SERVICE PROVIDERS



Niagara Resources

NRJ has compiled a list of free and low-cost reproductive and sexual health resources in the Niagara Region. This list also includes resources in the GTA/Hamilton Area as folks are often referred to these areas to access abortion.

If you know of a resource that needs to be added, or see one that needs to be taken off the list or edited, please let us know by emailing us at niagarareproductivejustice@gmail.com.

NEW! We made an interactive map of reproductive and sexual health services in Niagara. Zoom in/out to click on each icon to read about the service. Click on the icon in the top left to view the map legend.

What are you looking for?

Abortion Access and Support <ul style="list-style-type: none"> Abortion Clinics Abortion Cost Breakdown by Clinic Abortion Doulas Abortion Storytelling Financial Help Important Note About Crisis Pregnancy Centres Legal & Health Rights Post-Abortion Emotional Pregnancy Options Support 	Contraception <ul style="list-style-type: none"> Free Condoms IUD (Intrauterine device) Low Cost Birth Control Morning After Pill 	Indigenous-Specific Resources <ul style="list-style-type: none"> Indigenous-specific Resources
	Migrant Worker Resources <ul style="list-style-type: none"> Migrant Worker Resources 	Menstrual Health <ul style="list-style-type: none"> Free or Low Cost Menstrual Products Menstrual Health Resources
		Pregnancy and Parenting Support



NRJ's Community Knowledge Sharing Tools:

For experiences with doctors, clinics, pharmacies, etc:

[Share your Experience Survey](#)

We want to hear about both positive and negative experiences!

For experiences with accessing abortion:

[Abortion in Niagara Survey](#)

This includes if you had to travel outside of the region for abortion access. If you lived in Niagara at the time we want to hear from you!

See any anti-choice activity in Niagara?

This includes anti-abortion protestors, billboards, flyers, radio ads, etc.

[Reporting Form: Anti-Choice Activity in Niagara](#)

[More info about anti-choice movement in Niagara](#)

Communications



Our Communications subteam has been central to the survival and impact of NRJ and, at times, has been diligently maintained by just one or two members committed to the organization's knowledge-sharing goals.

Aside from designing our logo and brand, running our social media accounts, and building and re-building our website, the Communications team also handles all graphic design work, including graphics for social media campaigns, posters, zines, PDF guides, and buttons, as well as our quarterly newsletter.

The team is also responsible for sharing anti-choice alerts on our social media accounts as followers and members of the public notify us of anti-choice activity, and aiding with volunteer recruitment and abortion support requests through social media direct messages.

The Communications team has designed and hosted several social media campaigns over the years, including:

- Debunking Crisis Pregnancy Centres
- Myth Busting: Abortion in Canada
- Reproductive Justice is Fat Liberation
- Reproductive Justice is Access to Prenatal and Perinatal Healthcare
- Reproductive Justice is Menstrual Equity
- Reproductive Justice is Harm Reduction



These campaigns are available on our Instagram and Facebook: @niagarareproductivejustice

Placement Student Experiential Learning

In the past five years, we've hosted **17 placement students** from both Toronto Metropolitan University's School of Social Work and Brock University's Health Sciences, Women and Gender Studies, and Sociology departments. Collectively, our placement students have contributed over **3,000 hours** worth of work to NRJ. The knowledge and skills they have brought to the table have been invaluable to the organization and we are grateful for our continued partnerships with Brock and TMU!

Here is a sample of some of the projects our placement students have worked on over the years:

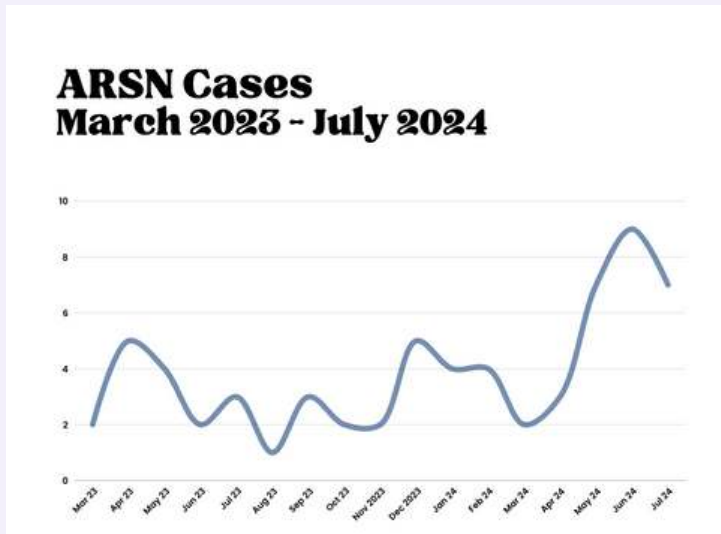
- Developed a survey to understand more about Brock undergraduate health science students' education and knowledge about reproductive healthcare and access;
- Collected data and created a database and user-friendly map of every single pharmacy in the Niagara Region and whether or not they stock Mifegymiso while also providing education to pharmacists on costs and coverage;
- Helped develop and run the first-ever practical abortion support training for our Abortion & Reproductive Support Network;
- Represented NRJ on an Ontario Disability Justice Network panel about disability and reproductive justice.



Our Impact

Abortion & Reproductive Support Network (ARSN)

Prior to developing ARSN, NRJ was already fielding requests for abortion support and helped 19 people access abortion. This highlighted a clear need in the region and prompted us to develop and launch ARSN in March 2023. Below, you can see some statistics we have collected since launching!



65 cases March 2023 - July 2024

6 rounds of volunteer training, **2** rounds of driver training

Number of cases that...

- Required transportation - 41 requests (63%)
- Required financial support (e.g., booking fees, uninsured costs) - 26 requests (40%)
- Required doula support - 6 requests (9%)
- Client did not have provincial healthcare coverage (OHIP) (January - July 2024) - 11 requests (37%)

Thanks to a strong network of mutual aid supporters, we are able to keep costs down through community members providing transportation, doula support, and other resources for free.

Monitoring Anti-Choicers

- 50 RRN volunteers (all time)
- Anti-Choice Activity in Niagara Reports since 2019: 282

Social Media

- Facebook followers: 596
- Instagram followers: 1,423

Media Appearances



Niagara Reproductive Justice, which advocates for increased visibility of and access to sexual health resources in the region, says it condemns the MPP's involvement.

"Events like these show how important it is that we continue protecting a person's right to choose and challenge the misinformation being spread about supposed moral and medical dangers of abortion," the group said, noting it would fight to keep abortion legal and safe for people.

"Abortion is healthcare and that is not up for debate."

- **U.S. debate could 'normalize' anti-abortion ideas in Canada, warns Ontario expert** | CBC News
- **Niagara MPP Oosterhoff headlining event after organizer compared abortion to Holocaust** | CBC News
- **'Fatigue, frustration and anger' felt in Hamilton, Niagara region after Roe v. Wade overturned in U.S.** | CBC News

Fundraising & Finances

Financial Summary

NRJ operates on a small, ever-changing budget. In the past, we have been fortunate to receive multiple grants from the [Abortion Rights Coalition of Canada](#), as well as community-generated funds from our [GoFundMe](#) and [Patreon](#) pages and one-time e-transfer donations.

By being an Action Group of OPIRG, we have also been able to access services like support from their bookkeeper and Finance Committee, free buttons, and Action Group funding from the OPIRG Brock Patreon.

(For info on how to donate, go to page 41!!)

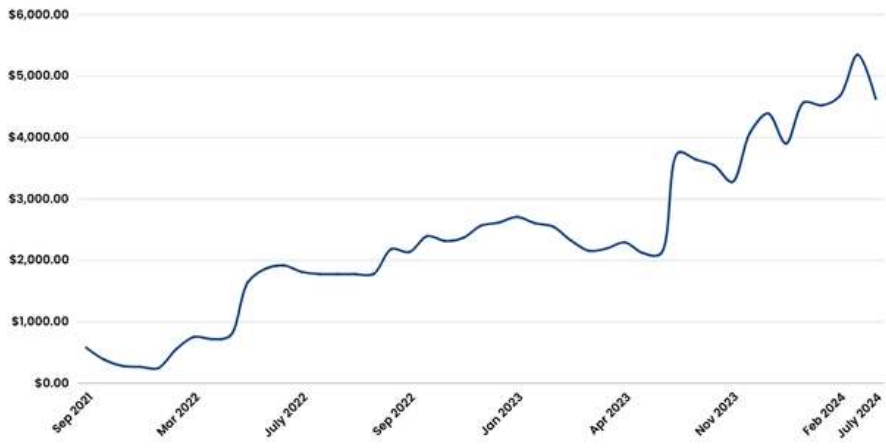
GoFundMe

Started May 2022
26 donations totalling \$1,116

Patreon

Started July 2023
10 members
\$131 (CAD) /month (after fees)

NRJ Finances Snapshot



Our Community

We'd like to give a special shout-out to: **OPIRG Brock, Action Canada for Sexual Health and Rights, and the National Abortion Federation of Canada.** Without the guidance, funding, and partnership of these organizations, we could not exist. We're grateful for all the hard work they do that makes it possible to keep fighting for reproductive justice!

Our work is only as strong as our community, and we're grateful to have worked with a number of other community organizations over the last five years:



Research Partnerships

- Women's Legal Education and Action Fund (LEAF)
 - In 2022 we were interviewed by LEAF to help inform their report; *BEYOND COMPLACENCY: Challenges (and Opportunities) for Reproductive Justice in Canada*
- Brock University
 - We are working with a masters student at Brock University to explore the barriers service providers in Niagara face to facilitating and providing abortion care to people with precarious housing and/or migration status.
- McMaster University
 - In 2024, we participated in PhD candidate Ashley McKay's study, *Visible and Invisible Barriers to Reproductive Healthcare in Urban and Rural Contexts Across Canada*.
 - This research seeks to understand what kinds of reproductive health services are offered in urban and rural contexts across Canada and the challenges that reproductive health leaders and service providers face when trying to help people overcome visible and invisible barriers to reproductive healthcare access.
 - To learn more about the study, see the study's [Letter of Information / Consent](#)
- University of Ottawa
 - In 2022, we participated in PhD, Polish sociologist, Krystyna Dzwonkowska-Godula's study. She was a visiting researcher at the Institute of Feminist and Gender Studies, University of Ottawa 2021-2022, and conducted comparative research on reproductive politics in Canada and Poland.
 - To learn about the study and Krystyna's work, see her [research poster](#).



We are committed to ongoing participation in research to continuously improve reproductive justice across Niagara and beyond. By staying actively involved in research initiatives, we aim to stay at the forefront of best practices, help identify emerging needs, and ensure that our support remains relevant and effective. This commitment reflects our dedication to evidence-based projects and our desire to make a meaningful impact in our community.

Past Events (plus many more not listed here!)

- Guest Lecture, Women and Gender Studies, Brock University, 2024
- Reproductive Health and Homelessness in Hamilton, 2023
- Titillating Talks, 2022-2023
- Trans Day of Visibility 2023, 2024
- How to Access Abortion in Niagara Webinar Series, 2023
- Abortion Rights Coalition of Canada Activist Workshop: Event Safety & Deescalation, 2024
- NRJ Craftivism Series, 2020-2022
- Speaker at May Day 2024 Rally Against Privatized Healthcare outside MPP Sam Oosterhoff's office
- Sex, Drugs, and Narcan with Positive Living Niagara (Sept & Nov 2020)
- Abortion Access and Community Organizing in Niagara, Niagara Social Justice Forum
- Wellness Day for Refugees and New Immigrant, 2023
- Intro To Counter-Protesting In Niagara, 2021
- Panelist, Disability, Sexual Health & Reproductive Justice hosted by Disability Justice Network Ontario

You can often find us tabling at many local community events!





Looking Forward

Our Values Statement serves as our foundation of unity, reflecting our core principles. These values are not claims of achievement but aspirations we constantly strive to be accountable to and improve upon. We are committed to continually refining and upholding these principles, recognizing them as providing guidance and accountability, not as qualities we can claim.

As we reflect on our achievements over the past years, we are responsible for an ongoing consideration: NRJ remains predominantly composed of white, academically educated individuals. Our experiences as people define how the world interacts with us, what we see as important and what we see as possible, and so the more homogenous the experiences of our members, the more limited we are in our understanding of the issues and the quality of work that we bring to the movement.

While reproductive injustice touches us all, the current and historical restriction of choice and bodily freedom are experienced more often and in worse ways by Black people, Indigenous people, and people of the global majority. We try to be informed by and accountable to the movements, activism, and structures that already exist here in Niagara and have been built up over decades of work around Indigenous sovereignty, the decriminalization of sex work, Black liberation, anti-capitalism, climate justice, immigration and refugee activism, migrant worker rights, disability justice, and queer liberation.

Niagara has a lot of amazing work happening within it, and many people who have been doing this work here in Niagara for a long time have lent their expertise and labour to NRJ in lots of different ways that we're grateful for.

Despite the foundations already laid in Niagara and the guidance that has been offered to us, we still make mistakes. It's hard to keep a collective going. Having a non-hierarchical group is easy to want and difficult to maintain, accessibility seems to have simultaneously gotten better and worse with the pandemic, and valuing diverse thoughts and opinions but knowing how to recognize and call in discriminatory sentiments is difficult and usually learned the hard way. But mistakes give us the opportunity to practice accountability, and being responsive and making changes is essential to being part of a community and part of a broader social movement.

More tangibly, we have some specific goals for the years ahead:

Expand the Pregnancy Test Project: We hope to partner with various organizations in the community to host our free pregnancy test kits. Initially, the kits will be offered in Spanish, French, and English. However, we hope to expand this project so that we can offer these kits in additional languages.

Would your organization or business like to host free pregnancy test kits? Or are you interested in helping us translate? Get in touch with us at NiagaraReproductiveJustice@gmail.com

Expand the Abortion and Reproductive Support Network: Develop and strengthen the ARSN network, with a focus on securing additional funding to enhance and broaden the support we can offer. This expansion will include support for a range of reproductive health concerns, such as facilitating transportation to and funding for IUD appointments and prescriptions.



GOALS

Challenge Crisis Pregnancy Centers: Continue to challenge the local crisis pregnancy centres by informing the public about the harm they cause, encouraging their partners to break ties, and delegitimizing their presence in Niagara.

Community Art Installation: Design and execute a community art installation that engages and reflects the experiences of the populations we serve.

Get Involved

We are volunteer-run and always looking for community members to join and support us! Email us at volunteer@niagarareproductivejustice.com.

Become an NRJ Member

Take part in the internal organizing of NRJ!

- Attend team meetings as your capacity allows (all meetings are online)
- Join our internal communication workspace
- Join one or more subteams:
 - Monitoring Anti-Choicers
 - Policy, Advocacy, and Programming
 - Communications
 - Internal Coordinating
- No expected time commitment. Join based on your capacity and interests!



Join the Drivers Network

- Our Abortion & Reproductive Support Network is looking for volunteer drivers! If you have a car and a driver's license and are interested in providing transportation to clients accessing abortion, please fill out our [Driver Network Volunteer Interest Form](#).
- Time commitment is up to you and can fit with your schedule
- Provide transportation locally only, or sign up to help with out-of-town appointments as well.
- Training will be provided.



Become an ARSN Volunteer

- Help people in Niagara access abortion
- Provide case management, transportation (not required to volunteer), help navigate funding, help with care packages, and resource navigation support
- Training provided
- 6-month minimum commitment. The amount of time spent volunteering will depend on the volume of cases and your personal capacity.
- Fill out our [ARSN Volunteer Interest Form](#) to learn more and get involved!





Ways to Support



Patreon

Join our Patreon to contribute monthly donations of \$2, \$5, \$10, \$15, \$20, \$25, or \$50.

E-transfer

niagarareproductivejustice@gmail.com

Heads Up! When you e-transfer NRJ, the account shows up under the name of one of our team members because we are a community collective, not a registered non-profit

GoFundMe

We have a GoFundMe campaign for our abortion support fund!

Donate Today

www.niagarareproductivejustice.com/donate



Become an OPIRG Brock Patron

So much of NRJ's work would not be possible without the support from OPIRG. OPIRG Brock is a local social justice non-profit that was founded by university students in 1988, and they run programming like the Niagara Free Store and the Anti-Racism Sponsorship Fund and help Action Groups (like us!) get their start so that activism can thrive in Niagara. They are in need of funding to keep their doors open. You can join their Patreon at any level from \$2- \$30 However, if you select the \$20 level "Action Group Supporters," half of your donation will go to OPIRG, and half will go to NRJ (or another action group of your choice)!

**Note - OPIRG Brock was founded by students at the university, but despite the name and origins, this OPIRG chapter works with initiatives across the Niagara region.*



Stay in touch!

Niagara Reproductive Justice 
[@niagarareproductivejustice](https://www.instagram.com/niagarareproductivejustice) 



Contact us

niagarareproductivejustice@gmail.com

niagarareproductivejustice.com

