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Heroes for Tomorrow

Heroes for tomorrow Program (HFT) is taking off. It's a short snappy interactive workshop to engage boys ages 8 – 12 through interactive tools, fun exercises and frank discussions. During the session, they learn to identify different forms of violence and dialogue ways they can be a hero responding to violence. WISE recognizes the importance of involving men and boys in the discussion on violence against women and we are certain that it can make a difference as boys share and talk with other peers.

WISE just delivered this workshop to 50 young boys at Severn Public School. Great time and great kids. Lots of learning and sharing!

Will & Kate: NOT A ROYAL LOVE STORY

Will and Kate - Not a Royal Love Story

Our relationship video is ready. Thank you to all of the volunteers who performed their roles with enthusiasm. Click on [this link](#) to see our video.

Does it make you think of someone you know? What can you do to help someone in this type of relationship? Check out the resources in the description on the Youtube channel and share them with anyone living this kind of unhealthy relationship. It happens to far too many people we all know!



Celebrating 25 Years of Service in Ottawa!

WISE has hit that milestone! We're 25! [The Annual General Meeting on April 27](#) is a celebration of WISE's work in Ottawa over the 25 years. We've had many dedicated board members, staff and volunteers who have worked with us to make Ottawa a safety place. If you didn't get to join us at the AGM to accept our thanks, come out to one of our other events. Check social media to keep up to date.

Strategizing for the Future

WISE is taking it on. We've developed a strategic plan. I know they're boring to read, but check [the abridged version here](#). It's a bite-sized bit and will explain how WISE is looking forward!

WISE is looking for Runners!

Starting to work on your fitness now that it's spring? Are you a runner and would like to join the WISE team? Register for the Tamarack Scotiabank Charity Challenge. [Become a WISE team member](#) and help raise money for women's safety. If you're not a runner, that's okay! You can still walk! Help us fund raise for women's safety by [donating here](#). We're counting on you!

Pathways in Ottawa

The weather's turning beautiful! More folks are getting out on their bikes using pathways. Here's a few tips to keeping safe:

- Remember to change your travel patterns so that your travels are not always predictable to others
- Make note of points of refuge along your way like, a gas station, or a well travelled main road
- Tell someone where you are going and when you plan to be back
- Choose pathways that offer multiple directions for entry and exit and that invite other activities adjacent to them such as a soccer field, children's park, baseball diamond, or pool

BE WISE AND STAY SAFE OTTAWA!