

BESS - Building Economic Self-Sufficiency

164 Women served by BESS

94
New BESS clients

40
Average age of BESS client

32
Community partners

1,541
One-on-one sessions with clients

86
Women attended workshops

62
Employment clients

Examples of BESS Workshops

- The Power of Positive Confrontation
- Am I Enough? Challenging Your Ideas of Self-Worth
- Understanding the Power You Hold
- Showing Up as Your Best Self

82
Counselling clients

101
Housing clients

10
Clients received monthly rent subsidies

2023
IMPACT
REPORT



By her side
since 1973

