

The logo for Antidote, featuring the word "antidote" in a lowercase, sans-serif font. The letter "o" is replaced by a red circle containing a white stylized swirl or wave pattern.

INTERGENERATIONAL MONTHLY MEETING

antidotenetwork.org

Antidote is a grassroots network of over 150 girls and women in Greater Victoria. We represent diverse ages, professions and interests, ethno-cultural, linguistic and religious backgrounds and affiliations in the community. Antidote was created in 2004 following a groundbreaking research project conducted by the Department of Women's Studies at the University of Victoria exploring the lived realities of racialized minority and Indigenous girls in Greater Victoria.

We are committed to promoting the visibility and wellness of racialized minority and indigenous girls and women in our communities. Antidote is a unique volunteer-based organization that focuses on creative and participatory methods to bridge community, activism and research. Our projects build community capacity and promote leadership and social change in the area of diversity and cross-cultural understanding. Members are actively involved in the planning and decision-making process of projects and initiatives.

One of the pleasures of being part of the antidote network is the friendships and ties that we develop with each other.

Each month we take the time to gather together over great food and learn a new skill, explore a project idea and simply kick back and enjoy each other's company!

Past workshops have included spoken word, dancing lessons and ear acupuncture healing circle.

Whether you have a hobby, a passion or a service, our monthly gatherings are the place to share them! Intergenerational gatherings and workshops are usually held on the last Tuesday of each month.



antidote

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