



**antidote: Multiracial and Indigenous Girls and Women's Network
Cultural Heritage and Diversity Award of Excellence**

For 150 Victoria girls and women of diverse cultures and backgrounds, antidote is a bridge that strengthens understanding and respect, and provides a welcoming place of connection between cultural communities.

Established in 2002 antidote is a volunteer organization with members of all ages and many racial, linguistic and religious backgrounds. They work with youth, families, schools, community groups, service providers and policy makers to promote visibility and needs of minority and Indigenous girls and women.

At antidote, younger girls are mentored on projects by slightly older peers who in turn are mentored by older women. This circle of supporting role models among women and girls of different cultures builds confidence, connection and awareness.

Based at the University of the Victoria, antidote gives academics insight into the unique experiences of minority immigrants and Indigenous girls and women.

antidote has three program levels:

- social network and outreach that reduces isolation and connects girls and women to health, education and social services
- training and research initiatives that build leadership and participation
- public education

The organization uses documentaries, theatre, photography, poetry and art to build public awareness while building confidence and skills among members.

Quotes from Nomination Letters

"Their impact on our community and on the lives of the girls and women who participate in their programs is and will be significant."

"The caring and affection that the intergenerational group has for each other is genuine and tangible. This is not just an activist or educational group; they fill the void of a longing so many of us have for kinship and deep connection."

"Support of this sort can change lives. Based on what I have observed over the last four years, I'm confident that it has."