

**NEWS RELEASE
FOR IMMEDIATE RELEASE**

CONTACT: Ashley Johnson
email: ashleyj@nwmf.org

**NORTHWEST MINNESOTA WOMEN'S FUND
GRANTS MORE THAN \$40,000**

October 6, 2023 (Bemidji, MN) –The Northwest Minnesota Women's Fund, a component fund of the Northwest Minnesota Foundation (NMF), has granted more than \$40,000 to various projects throughout the two tribal nations and 12 counties that NMF serves. These projects aim to support and enrich the lives of women and young girls in Northwest Minnesota.

Approved grants include:

- **Clear Waters Life Center** – Life skills project
- **Indigenous Environmental Network** – Fight the epidemic of Missing and Murdered Indigenous Women
- **GWMC Nevis Women's Club** – Empowering Women conference
- **BIO Girls** – Confidence building and preventive mental health programs for girls
- **Yoga Studio Bemidji** – Free, trauma-sensitive classes
- **New Americans Integration Center** – Work readiness and career planning courses
- **Grace and Grit** – Healing course through horse therapy
- **Walker Food Shelf** – serving Hubbard County women and girls in need
- **Bemidji Girls Wrestling** – Freestyle wrestling workshop
- **Sanford Health** – Ministry of Care retreat for caregivers
- **LifeCare Medical Center** – In-season sports girls training program
- **Family Safety Network** – Person Centered Plans that meet survivors needs and goals
- **1003 Paths to Wellness** – Personal wellness assessments

To learn more about the Women's Fund, contact Ashley Johnson at ashleyj@nwmf.org. To donate, visit www.nwmf.org, hover over "Ways to Give" and click on "Funds by County" then click on "Regional Funds and Regional Scholarships".