



Looking to learn about or support the charity that a certain instructor loves? Check the list below and follow the link to each organization's website. Click [HERE](#) for a list of more organizations doing fantastic work to supports girls and women.

- Allyson Epp – [ProMotion Plus](#)
- Amber Payne-Hepp – [Spectrum Mothers Support Society](#)
- Amilya Ladak – [Mom2Mom](#)
- Amy Freeman – [Big Sisters of BC Lower Mainland](#)
- Andi Davis – [Justice for Girls](#)
- Anna Farrant – [Vancouver Women's Health Collective](#)
- Asal Nikoopour – [Cause We Care Foundation](#)
- Carey Yuen – [Pacific Post Partum Support Society](#)
- Caroline MacGillivray – [Beauty Night Society](#)
- Chloe Lauren – [Dress for Success Vancouver](#)
- Corinne Latreille – [Battered Women's Support Services](#)
- Danya Rogen – [Elizabeth Fry Society](#)
- Diana Claxton – [Aboriginal Mother Centre Society](#)
- Gabby Villasenor – [Downtown Eastside Women's Centre](#)
- Genieve Burley – [Wilma's Transition Society](#)
- Jaime Ward-Yassin – [Spectrum Mothers' Support Society](#)
- Jana Finkbiner – [Avalon Recovery Society](#)
- Jenn Farrell – [WISH Drop-In Centre Society](#)
- Jessie Au – [Tri-Cities Transitions Society](#)
- Julie Chutter – [Spectrum Mothers' Support Society](#)
- Karima Essa – [BeaYOUtiful Foundation](#)
- Katie McKenzie – [PACE Society](#)
- Kelsey Ellis – [Black Women Connect Vancouver](#)
- Kim Vopni – [BC Women's Health Foundation](#)
- Lucy Ulmer – [BC Women's Health Foundation](#)
- Malina Dawn – [Pauktuuit Inuit Women of Canada](#)
- Marika Richoz – [Downtown Eastside Women's Centre](#)
- Megan Williamson – [Women Against Violence Against Women Rape Crisis Centre](#)
- Melanie Levenberg – [Living Positive Kenya](#)
- Melanie Osmack – [Pacific Postpartum Support Society](#)
- Pearl Cicci – [Dress for Success Vancouver](#)
- Ruby Smith Díaz – [Joint Effort](#)
- Sandy Rogen – [La Leche League Canada](#)
- Sara Prodanos – [ProMotion Plus](#)
- Saskia Wedding – [Downtown Eastside Women's Centre](#)
- Shana Alexander – [Big Sisters of BC Lower-Mainland, Atira Women's Resource Society](#)
- Sylvia Kim – [BeaYOUtiful Foundation](#)
- Syma Shaheen – [Pacific Immigrant Resource Society](#)
- Talia Druker – [Pacific Immigrant Resources Society](#)
- Taren Grewall – [PACE Society](#)

Thank you to all of the instructors  
us!



above for sharing their favourites with