



Project Story: Spa Night Offers and Needs Market (for Moms!)

Ashley Kwon

With the spirit of continuing to strengthen the sense of community among Bowen Island parents of children, along with providing an opportunity for moms to relax and connect, we hosted an Offer and Needs Market/Spa Night. An offer and needs market is an opportunity for people to share their greatest needs, and also identify how they can help others, through resources and interests that they have access to. The offers and needs can take endless forms and it is a great opportunity to narrow in on topics and exchanges that might not normally be discussed in every day conversations. The offer and needs market identifies these opportunities, makes the initial connections, and allows attendees to continue to exchange supports after the event.

Set over the background of a spa night theme, Bowen Island moms were invited to come and participate in relaxing (and greatly needed!) self-care activities, while chatting with others about their needs, resources and potential connections within the community.

The flyer features a white background with a teal wave graphic at the bottom. In the top right corner, there is a teal circle containing silhouettes of people. The main title 'SPA NIGHT/OFFER & NEEDS MARKET' is in large, bold, black letters. Below it, 'FOR MOMS' is written in smaller black letters. The date and location 'SUNDAY, FEB. 4, 2-5 PM' and '726 BELTERRA RD.' are listed. A bulleted list includes 'Relax', 'Connect', and 'Build a network of connections and resources'. The text 'Funded by the Bowen Island Community Foundation and the Vancouver Foundation' is placed above a white box containing the logos for both foundations. The RSVP information 'RSVP to: ash.col@live.com' is at the bottom left.

SPA NIGHT/ OFFER & NEEDS MARKET

FOR MOMS

SUNDAY, FEB. 4, 2-5 PM
726 BELTERRA RD.

- Relax
- Connect
- Build a network of connections and resources

RSVP to:
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Neighbourhood
Small Grants
Bowen Island



If you were a fly on the wall of the event, you would have seen moms covered in green matcha and honey masks, while having important conversations about resources and events for kids. Beside them, you would have seen moms luxuriating in foot soaks, while sharing stories and support on the challenges of childrearing on a semi-rural island. On the other side of the room, there were moms sharing connections about pre-natal and post-partum care. Sitting at a table, doing hand and nail massages, you would have encountered moms taking care of themselves, while also planning new ideas to start activity groups with their children.

The attendees varied from brand new moms of newborns, to moms with older children. This event allowed moms of all types and stages of parenting to come together and share offers, needs, and resources, and start to build friendships. One of the best outcomes was seeing moms who were new to Bowen Island come together and start to build new relationships and a sense of belonging and community.

Thank you to the Bowen Island Community Foundation and the Vancouver Foundation for the Neighbourhood Small Grant. Our organizer and attendees said that this event would be the first of many future intentional connections with Bowen Island parents and their children. This grant sparked the start of something new that will continue to resonate throughout the community.

Thank you!



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