



**Metropolitan Action Committee on  
Violence Against Women and Children**

# Board Application Form

*This application form is for screening purposes only. It will be reviewed and you may be contacted to submit a resume. You may also be asked to attend an interview. If there is a match, you may be asked to participate on a board committee as a first step and you will participate in board training and orientation.*

METRAC is a community-based, not-for-profit organization dedicated to preventing and ending violence against women, youth, and children. We work from an anti-oppression, non-discriminatory framework. Our volunteer Board of Directors is the public trustee for METRAC. As a member of the board, a director acts in a position of trust for the community and is responsible for the effective governance of the organization. Directors are elected by the membership at the Annual General Meeting and serve a two-year term with possibility of re-election for two additional terms.

**Note:** METRAC welcomes applications from diverse people, especially members of historically marginalized communities. Unfortunately, METRAC's office space is currently not wheelchair accessible.

**Yes!** I am 18 years of age or older. I understand METRAC works to end violence and promote the right of diverse women, youth, and children to live free from violence, and I endorse this mission.

**Note:** If you are over 15 years of age or older, you can participate by becoming a voting member of METRAC. If you are 16 years of age or older, you can participate by becoming a volunteer.

Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone number(s): \_\_\_\_\_

Mailing address: \_\_\_\_\_

1. Please outline how you learned about METRAC and your reasons for applying to become a board member. \_\_\_\_\_

---

---

2. Please list your experience, skills and/or special interests that might be useful to METRAC's work and goals. \_\_\_\_\_

---

---

3. What does the term violence against women mean to you? \_\_\_\_\_

---

---

4. Please outline your understanding of the terms anti-oppression and systemic discrimination. \_\_\_\_\_

---

---

6. Please indicate which area(s) of board governance you hold knowledge and skills (choose all that apply):

- |  |   |
|--|---|
| <input type="checkbox"/> Policy          | <input type="checkbox"/> Inclusion and access (anti-oppressive framework) |
| <input type="checkbox"/> Finance         | <input type="checkbox"/> Resource development                             |
| <input type="checkbox"/> Programs        | <input type="checkbox"/> Communications                                   |
| <input type="checkbox"/> Human resources | <input type="checkbox"/> Social action                                    |
| <input type="checkbox"/> Equity          | <input type="checkbox"/> Planning and evaluation                          |

7. We welcome applications from diverse people. With which communities do you identify (e.g. racialized communities, LGBTTIQQ2S communities, Deaf communities, Aboriginal communities, youth communities, faith communities, etc.)? \_\_\_\_\_

---

---

8. Can you make the required two-year term commitment (approximately 5 hours per month) for being a board member at METRAC? Please explain. \_\_\_\_\_

---

---

9. Please give any additional information about yourself that you wish to share.

---

---

---

I declare that all of the information on this form is true and complete to my knowledge.

**Please return to METRAC:** 158 Spadina Road, Toronto, ON, M5R 2T8  
Phone: 416-392-3135 | Fax: 416-392-3136  
[info@metrac.org](mailto:info@metrac.org) | [www.metrac.org](http://www.metrac.org)