

Soroptimist International

Soroptimist International (SI) is the largest service club for business and professional women in the world and works to improve the lives of women and girls. Globally, SI's focus and projects advance human rights and the status of women by working together with local Soroptimist clubs, other non-government organizations and various United Nations agencies.

Making a Difference in our Community

Cambridge Soroptimists have identified issues and needs specific to our community. Our goal is to advance the status of women and girls and support organizations that need help with the initiatives they undertake.

Community Awards Honouring Women

SI Cambridge presents three types of community awards to women each year. Many of the women chosen have triumphed over daunting challenges. The awards help our recipients to cultivate new skills, further their education and regain independence.

Our Mission: Improving the lives of women and girls, in local communities and throughout the world.

What is a Soroptimist?

The word Soroptimist is derived from the Latin soror (sister) and optima (best) meaning best for women. As sisters of a larger organization, each member of SI Cambridge is also a member of the Eastern Canada Region and Soroptimist International of the Americas.

SI Cambridge History



In 1981, 25 business and professional women in Cambridge formed the Soroptimist International Club of Cambridge. Past programs have supported environmental causes, youth and adult education, human rights and the status of women. Areas of focus include health, women and body image, economic and social development and international goodwill and understanding.

Just a sample of the Service Project work that keeps us enthused

HopeSpring Cancer Support Centre – SI Cambridge provided funds to purchase wigs and headwear for women currently receiving cancer treatment.

Waterloo Region Sexual Assault/Domestic Violence Treatment Centre – This program provides comfort packs to women and children who are victims of sexual assault. These packs contain a variety of travel size personal care items.

Small Steps To Success – Funds are raised for this program which provides stimulus and assistance to women who are either trying to return to the workforce or finish their education.

Beautiful Women Project – SI Cambridge promoted positive body image and self esteem by hosting an event in which women and girls reviewed torso sculptures and built an understanding that beauty comes in all shapes, sizes and ages.

Haven House – SI Cambridge successfully completed a 4-year project to refurbish the large family room of our local women's shelter for women and children who are victims of domestic violence.

Applications are available each Fall by contacting SI Cambridge. A panel of community judges reviews all applications and award winners are honoured at our Spring recognition banquet.

Women's Opportunity Award – This monetary award assists women to improve their education, skills and employment prospects. Eligible applicants must be women who provide the primary financial support for their families, and who are enrolled in – or have been accepted to – a vocational/skills training program or an undergraduate degree program.

Violet Richardson Award – This monetary award recognizes a female student's contribution in volunteering with organizations in her community.

Ruby Award – This annual award recognizes a special woman in our community who has made a significant contribution to the lives of women and/or girls through her professional or volunteer efforts.

Becoming a Member

Soroptimists are women who use their special expertise and management skills to advance the work of the group. In addition to the important service work, Soroptimist members also have opportunities for leadership development. Each year, members choose to focus on one of our core planning areas: public awareness, membership, program and fundraising. Everyone embraces the work generated in the spirit of making a difference.

Women who are active in business or professional careers, those embarking upon a career in a profession/business or those who have recently retired are encouraged to join us. Belonging to Soroptimist offers the opportunity to work with like-minded women toward a common goal. An annual membership fee helps support international projects and club operations. Monthly meetings are held in the evening on the second Wednesday of every month from September to June.

Please contact us if you are interested in becoming a member of Soroptimist International of Cambridge. For contact information refer to the back panel.



Live Your Dream



Soroptimist members raise awareness about the unique challenges women face. Live Your Dream inspires women and girls to live their dreams and encourages them to pass on their good fortune to others. The campaign celebrates the unique power and accomplishments of women and girls just like you. When women help themselves and one another, amazing things can happen.

Soroptimist International of Cambridge

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Soroptimist Foundation of Canada

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Soroptimist International of the Americas

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SOROPTIMIST
Best for Women