



May - August 2017

## From the Women's Centre

*LEA Place Women's Resource Centre*

### Annual General Meeting

**Monday, May 15, 2017**

**7pm**

**Join LEA Place's Board and Staff**

**at the Women's Centre as we report on the work we do with women and families in our communities, along with our provincial and national initiatives.**

***Our AGM Guest Speaker is Margaret Robinson***

**Assistant Professor, Dalhousie University Dept. of Sociology and Social Anthropology.**

***Margaret will be speaking about gender and sexual diversity***

**Everyone**

**Welcome!**



### **LEA Place would like to welcome Jessica Taubensee to our team**

Jessica has been hired for a one year contract in the position of the **Sexual Assault Response Team (SART)** Coordinator. It is a collaborative initiative between LEA Place Women's Resource Centre and Avalon Sexual Assault Centre funded under the Halifax Region Community Support Network Grant as part of the Provincial Sexualized Violence Strategy. Jessica will work three days a week for LEA Place in the Tri Area of Sheet Harbour, Musquodoboit Harbour and Musquodoboit Valley to develop a Sexual Assault Response Team (SART). The intent of a SART is to work with front line service providers who will create a community driven document that outlines how our community will respond to victims/survivors of sexual assault who are 16 years of age and over and who choose to report the assault and to proceed through the criminal justice system. In addition to presenting clearly defined roles and responsibilities for all service providers, the protocol outlines the approach and agreed upon principles of responding to victims/survivors of sexual assault. This results in a consistent, comprehensive and knowledgeable response from the above mentioned services within our community. This protocol represents a "best practice approach", in responding to all victims/survivors.

**Looking for more information on this project?**

**Please call Myrene @ (902) 885-2668**

Pre-registration is required for all LEA Place's Programs (902) 885-2668  
Unless stated otherwise, programs are held at LEA Place

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[www.leaplace.com](http://www.leaplace.com)

[leaplace@ns.sympatico.ca](mailto:leaplace@ns.sympatico.ca)

*In Honor of  
National Aboriginal Day*

*We are hosting our 2nd  
Mi'kmaq Leather Moccasins  
Workshop*

Make a pair of leather moccasins with  
Carla Asprey and Brenda Buck

**June 7 & 8**

**6:30-9pm**

**Registration and**

**\$40 material cost due by May 23, 2017**

*Creative Circle*

*Join us for some relaxing and crafting.*

Bring the project you are currently  
working on, learn or teach a new skill  
while socializing over a cup of tea.

**TOILE-TREE**

**LEA Place continues to collect items that we  
are able to offer women to help offset their  
budget.**

*How can you help?*

**Donate items such as shampoo, soap,  
toothbrush, toothpaste, deodorant,  
shaving cream, razors, hairbrush, sanitary  
products etc. which are often  
difficult to afford. Your help is  
always greatly appreciated!**



*Learn to make Kombucha with  
Sue Lowe-Henry*

This homemade fermented tea aids digestion  
and **gut health along with detoxifying the  
liver.** Because it's naturally fermented with a  
living colony of bacteria and yeast, **Kombucha**  
is a natural probiotic drink. It has a variety of  
benefits such as improved digestion, fighting  
candida (harmful yeast) overgrowth, mental  
clarity, and mood stability.

Made with common kitchen ingredients.

**Monday,**

**May 29, 6:30pm**

**Bring a one Gallon Glass Pickle Jar**

**Did you know...?**

The Legal Information Society of Nova  
Scotia (LISNS) has had a successful pilot  
program. Offered initially last year in a  
HRM Community, this program helped  
seniors with free will preparation. This  
year, the program is being expanded to  
cover personal health care directives and  
power of attorney. They are also hoping to  
offer the program in more locations.

LISNS also provides information to  
patients at the IWK and their families on a  
variety of legal topics through its Medical  
Legal Health Partnership program.

LISNS provides free legal information on  
its website [www.legalinfo.org](http://www.legalinfo.org), and at its toll  
free line (which is also anonymous and  
confidential) 1-800-665-9779. They also  
offer lawyer referral service.

## Parent N' Tot

Parents and caregivers come together with their little ones to participate in sing-a-longs and play activities in a safe and nurturing environment.

**Wednesday Mornings - 10-11:30am**

**"Continuing Throughout the Summer"**

### Summer Employment Opportunity

LEA Place has received funding to employ a summer student for eight weeks.

Job will be posted at LEA Place and the local YMCA NS works Employment Centre.

Resume deadline:  
May 15, 2017 @ 4:00pm

## MusGo Rider

**is now offering...**

**Senior Shopping Charters starting in Sheet Harbour May 2017. Last Wednesday of the month travelling to Dartmouth Crossing, \$40 roundtrip.**

**MusGo has received a grant from the Eastern Shore Musquodoboit Community Health Board to offer a roundtrip Medical trip for seniors and persons with disabilities at half price.**

Please call for more information  
(902) 483-7433 or  
Toll free 1-855-483-7433

## Girl Power Day Camp

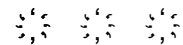
Our three day Girl Power Day Camp is a great opportunity for girls to have fun through games, crafts and adventure designed to promote healthy self-esteem.

Note: Girls should come prepared to have a great time, learn new and exciting things and to get a little messy.

**For GIRLS in grades 4, 5 and 6**

**July 25, 26 & 27**

**9am—3pm**

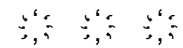


## 20th Annual Teen Retreat

Come enjoy an evening of fun activities, pizza, campfire, and so much more!

**For GIRLS grades 7-12**

**Aug. 2, 5-11pm**



## Movie Afternoon

**Girls 9 - 13**

**Join us for Popcorn and a Movie**

**August 3 - 1pm**

**We need a minimum of 6 to run this group, so bring your friends and your favorite snuggle blanket!**

## LEA Place Women's Resource Centre

is dedicated in achieving equality for  
women by:

- ⇒ Improving the well-being and economic status of women and adolescent girls with information, services, programs, support and advocacy, designed to address the complexity of issues in their lives.
- ⇒ Increasing community awareness and providing public education on issues of concern to women and girls.
- ⇒ Uniting women, their communities and Government to create public policy that will advance the status of women.
- ⇒ Advocating for women's human rights.

Please know that ALL the programs and services offered at LEA Place are open to ALL women in our communities.

LEA Place does not have any kind of membership system, we are all equal here.



## Yoga Class!

Devon Query, certified Hatha Yoga Instructor, Will be teaching yoga into the fall this year beginning in May.

This class is appropriate for beginners and experienced practitioners who wish to deepen their practice.

Being in the human body is not always smooth sailing.

We look for ways to make the trip more enjoyable for each individual:

Simple things can lead to the most change.

The first class, a semi-restorative class, will be offered on

**Tuesday, May 23**

at ESMH- X-ray Lab waiting area

Classes will continue on

**Tuesdays thru October**

You may register by calling LEA Place at 885-2668

All Yoga Classes at

**7PM-ESMH {Sheet Harbour Hospital}**

If possible, bring a yoga mat; all other props provided.

**\$5.00 per class**

## *Women of our Communities;*

Your input is valuable to us! Please let us know how we might make our Centre more accessible and what specific programs/services you are interested in.

Please contact LEA Place Women's Resource Centre to register for all programs 885-2668

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