



September - December 2017

From the Women's Centre

LEA Place Women's Resource Centre

**October is
Women's History Month in Canada**

Who shaped your history?

Tell us on social media using the hashtag

#BECAUSE OF HER

Throughout October show us how extraordinary women, past and present, have influenced your life by sharing a status update, picture or video.

And/Or

Share your profile of notable Canadian women and show the whole country the countless ways that women have contributed to our country.

Watch for panel cards in the community or available at LEA Place to also share your story/statement.

ANNUAL

CANDLELIGHT VIGIL

We invite you to join us as we pay respect to the fourteen women who died in Montreal on

December 6, 1989 as well as all other women whose lives have been affected by violence/abuse.

Wednesday, Dec 6, 6:30pm

*St. James United Church,
Sheet Harbour*

Performance by
Nathalie Ladouceur

& Tidal Harmony All Women's
Choir

Everyone Welcome

Seeking Youth Participation

Why not join "TAG"? (*Taking Action for Growth Project*)

- ⇒ To come together to strengthen youth leadership in sexualized violence prevention efforts.
- ⇒ To develop workshops and resource materials that create meaningful discussions among youth and adults.

LEA Place's Girls Health and Wellness Group met with Heartwood Centre for Community Youth Development to develop a project that helps prevent sexualized violence. Through this process it was decided that the target areas would be consent, healthy relationships, sex education, hypersexualization and creating and/or enhancing safe spaces for youth.

To sign up or get more information, contact LEA Place Women's Resource Centre

Call (902) 885-2668 ~ Text (902) 885-5277

Email leaplace@ns.sympatico.ca ~ Send a private message through our facebook

*****DEADLINE TO SIGN UP - Monday, Sept. 18, 2017 - FIRST MEETING - Sept. 25, 3PM*****

Project funded through Breaking The Silence: A Coordinated Response to Sexual Violence in Nova Scotia
~Prevention Innovation Grant~

GIFT CARD DRIVE



Looking to make a difference in your community?

LEA Place Women's Resource Centre works with women and their families year-round.

We recognize that for many families, Christmas and the winter months are a challenging time, therefore, we encourage and welcome anyone who is able to make a gift card donation to LEA Place during this time.

- * Grocery, gas, pharmacy, hardware, and/or gift cards from other businesses are appreciated.
- * Cash donations are also more than welcome. Any amount that you are able to contribute will go a long way to helping those in need. LEA Place supports local businesses by using donated funds to purchase gift cards that can be used within our community.

Gift cards and/or donations can be dropped off or mail to:

LEA Place Women's Resource Centre

22709 Highway 7, Sheet Harbour

PO Box 245 Sheet Harbour, NS B0J 3B0

Please contact Myrene at 885-2668 or send a message at leaplace@ns.sympatico.ca if you have any questions.

Thank you for your continued support, time and consideration of this request. Have a peaceful and joyous Christmas.

UNDERSTANDING DEPRESSION & ANXIETY

Join us as we explore the basics of depression & anxiety and learn some simple coping strategies to help ourselves and those around us.

Guest Speaker: *Robert Bartlett, MSW RSW*

Thursday, October 19, 7-8:30pm

Blewater Building, Suite 216, Highway 7, Sheet Harbour

For more information, contact (902) 885-2611

**Sponsored by: Tri Community CAST Coalition
(Communities Addressing Suicide Together)**

MIND GEMS

Are you feeling tired and lethargic?

Does the time change send you
for a spin?

Join Juli Oxford of
P.A.U.S.E. Wellness Centre

Monday, Nov. 6

6:30pm

as she shares Mind Gems,
a quick gentle way to balance your
energy, clear negativity and help you to
stay centered in the flow of everyday life.

“Aboriginal Beaded Earrings”

Make a pair of beaded earrings with
Carla Asprey and Brenda Buck

Wednesday, October 18

7-9pm

Self Acceptance

Join us for a 5 part video and guided
discussion series for adult women.

Tuesdays, Sept. 19 - Oct. 17

1:30-3pm

“Guided Meditation”

Certified Hypnotherapist,
Catherine MacNeil RMT, CHT
will lead us through a guided
meditation.

Wednesday, Nov. 1

7pm

Wear PINK

on Thursday, Sept. 14

“Stand Up Against Bullying”



“Knowing what’s right doesn't
mean much
unless you do what’s right “ -
Theodore Roosevelt

Pre-registration is required for all
LEA Place’s Programs
(902) 885-2668.

Unless stated otherwise, programs are
held at LEA Place

LIKE us on FACEBOOK

www.leaplace.com

leaplace@ns.sympatico.ca

Holiday Song Circle

Everyone Welcome

LEA Place, in partnership with Harbourview Lodge, invites you to our fourth annual sing-a-long led by Nathalie Ladouceur

Location: Harbour View Lodge

Thursday, Nov. 30 - 1:30-3pm

FREE BOOK SWAP

Because books are meant to be read, enjoyed and shared!

**LEA Place in partnership with
Eastern Shore Musquodoboit Valley
Literacy Network and
Sheet Harbour Public Library
are hosting this fun book swap!**

Come to bring books and/or take books!

Can't make the swap but have books to donate?
Please drop them off at LEA Place the week of
Nov. 16-23, between 8:30-3:30

Friday, Nov. 24 - 1-3pm &

Saturday, Nov. 25 - 10-12pm

Location: Sheet Harbour Library

Creative Circle

Join us for some relaxing & crafting.

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

Monday afternoons 1-3pm

National Day of the Girl

Tuesday, Oct. 11

Watch for more details about our community events on our facebook page, website and community bulletin board notices.

Parent n' Tot

Parents/caregivers bring children together to learn new things, explore and broaden their social horizons by interacting with other children in a safe and nurturing environment. This program is for 0-3 year olds (Children must still be three at the beginning of the September's program start).

Wednesday Mornings

10-11:30am

GirlzTalk

For Girls in grade 4, 5 & 6

Girls come together to learn about various social justice issues and participate in fun activities, crafts and discussions that improve self-confidence.

Bi-weekly starting

Thursday, Sept. 28 - 3-4:30pm

Please Register Early!

**LEA Place & Sheet Harbour Public Library
come together to offer you...**

"Girls Book Club"

Grade 7, 8 & 9

Starting Wednesday, Sept. 27

Monthly (Schedule sent home after first session)

After school - 3 - 4:30

Registration deadline - Sept. 22

Sheet Harbour Public Library

Snacks provided



**Local Youth Bring It...
We're So Proud**



***Congratulations to Hannah Hubley
for winning Bronze Medal at the
Canada Games, Team NS/Wrestling
Also congratulations to other local
NS Team members:***

Nikita Kenney - Softball

Noah Hawes - Softball

Regan Beaver - Wrestling



**“Finding
Your Voice”**

***Girls grade 4-6 will
come together***

bi-weekly for 6 weeks

***with Nathalie Ladouceur,
Singer/Songwriter***

at LEA Place Women's Resource Centre

**with end result of writing your own song
and a performance to the community.**

Starting Thursday, October 5th, 3-4:30

\$30 for 6 sessions - Last day to register - Sept. 29

(Monies due at 1st session)

USB and folder will be supplied

Space is limited so register early



**TOILE-TREE
DRIVE**

**Our Toile-Tree continues to be an ongoing
initiative throughout the year as a “Take
what you Need and Give what you Can”
basket.**

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. Although we
are accepting toiletry donations on**

**a continuing basis December is a month
that requires extra support and your help is
greatly appreciated.**

Women's Sea Kayaking Workshop

Sunday, Sept. 24 - 9:30-4:30pm

Coastal Adventures in partnership with LEA
Place are offering a special price of \$65.00
(taxes included) for a full day workshop.

A non-returnable \$25 deposit must be
dropped off or mailed to LEA Place by
Wed., Sept. 20. If cheque, please make
payable to Coastal Adventures.

Minimum of 5 women, maximum of 12.
Please call 885-2668 to reserve your spot.

Commonly Used Phone Numbers

Department of Community Services worker
Jennifer MacLeod 1-902-435-8076

Department of Community Services
Cole Harbour Office 1-902-435-7472

Child Tax Benefit 1-800-387-1193

Christmas Daddies 1-902-422-0285

Housing Nova Scotia 1-902-420-6020

Revenue Canada 1-800-959-8281

GST/HST 1-800-959-1953

Canada Pension/Old Age Security 1-800-277-9914

Service Canada 1-902-426-5512

Service Nova Scotia 1-800-670-4357

Lloyd Hines, MLA 1-902-533-2280

Sean Fraser, MP 1-844-641-5886

David Hendsbee, HRM Councillor 1-902-829-2465

Legal Aid (Dartmouth, Family Law) 1-877-420-7921

Legal Information/Lawyer Referral 1-800-665-9779

Dalhousie Legal Aid 1-902-423-8105

NS Supreme Court Family Division 1-902-424-3990

Eastern Shore Family Resource 1-866-847-1461

Elizabeth Fry Society 1-877-619-1354

Cole Harbour Mental Health Services
1 902 434 3263

Mobile Mental Health Crisis Team 1-888-429-8167

Senior Abuse Line 1-877-833-3377

Barry House (single women) 1-902-422-8324

Bryony House 1-902-422-7650

Adsum House 1-902-423-4443

Foster Parenting 1-800-565-1884

Maintenance Enforcement 1-800-357-9248

Woman's Bursary

Sponsored by the
Sheet Harbour Catholic Women's League, and
open to mature female applicants of all
denominations.

Applications are available at LEA Place

Deadline: Thursday, Oct. 19 - 4pm

Snow Removal Program

Available to seniors (*65 and over*) and persons with
disabilities who own or rent within HRM.

Provides assistance with clearing steps, walkways,
and access to fuel tanks.

Deadline is December 1, 2017

For more information call

311

Heating Assistance Rebate Program

Available to any lower income individuals/families
who pay for heat. If you received assistance last year,
your application should be mailed out automatically.

Call for more information

1-800-670-4357

2017 Residential Tax Rebate

Rebate of 50% of eligible residential taxes, up to
\$800, for seniors who qualify

Information can be found online at

www.accessns.ca/seniors-rebate

By calling local 902-424-5200 or 1-800-670-4357
or from any Access Nova Scotia / Registry of Motor
Vehicle Office