



January - April 2018

From the Women's Centre

LEA Place Women's Resource Centre

## International Women's Day

*You're invited...*

*6th Annual*

**ALL WOMEN-LED  
Musical/Talent Showcase**

*Sunday, March 11th*

*1pm*

*Eastern Shore  
Wildlife Association*

*Sheet Harbour*



*April is*

*Volunteer Appreciation Month*

*Thank you to our Board Members and  
all the volunteers who help throughout  
the year to make our Centre great.*



## “FREE Clothing Swap”

You don't have to bring anything to swap, just come and take what you need. If you do have clothes that you would like to get rid of, we are asking for community donations of clean adult, children and baby clothes that are in good condition.

This is a great opportunity to clean out your closets, donate, swap, and/or get some great clothing!

All members of our communities welcome!

## Have clothes to donate?

Drop off clothing at LEA Place from  
March 12th to 23rd or bring donations the day of  
the event.

Saturday, March 24th, 10am - 12pm

\*Snow Date: Saturday, April 7th, 10am - 12pm\*

Location:

Sheet Harbour Royal Canadian Legion

For more

information please call (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

LIKE us on FACEBOOK

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

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

## *Learn to Crochet*

This FREE 5 week class will teach you the basics of crocheting.

*Sign up early as space is limited!*

Tuesday evenings starting

January 16th

7-9pm

## *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.

Monday afternoons 1-3pm

## **TOILE-TREE**

Our Toile-Tree continues to be an ongoing initiative throughout the year as a "Take what you Need & Give what you Can" basket.

### *How can you help?*

Donate items such as shampoo, soap, toothbrushes, 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, the winter tends to be a time that requires extra support and your help is always greatly appreciated.

Thank You!

*Thank you to all who participated in our gift card drive. You made a difference!*



## International Women's Day

**It's official.** Conversation surrounding International Women's Day was #1 on Facebook in 2017, doubling from 2016 and topping the Super Bowl at #2.

More than 165 million people generated over 430 million interactions around the world. 2017 has been a big year for discussions by and about women. Merriam-Webster online dictionary announced "**feminism**" as the most looked up word in 2017.

Global activism for progress is ignited.

**For International Women's Day 2018, together let's all**

**[#PressforProgress](#)**

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

## *Aboriginal Beaded Earrings*

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

Wednesday, April 25

10am - 3pm

Lunch provided!



## **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 Sept. program start).

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

**Snow days: When schools are cancelled due to stormy weather PNT will also be cancelled.**

## **Self Acceptance group**

Join our monthly peer led group to discuss our journeys to improved self-acceptance.

Last Wednesday of each month  
1 - 2:30 pm

## **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, March 12th**

**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.

## **Meditation / Mindfulness**

**Monday, February 12th, 6:30pm**

Meditation is an amazing practice that can help you handle stress, open up your heart and find creative solutions to problems. Balancing cross-legged on a cushion is just one of the many ways to meditate.

Join Juli Oxford from P.A.U.S.E. Wellness Centre, as she shares different techniques of meditation and mindfulness that involve everyday activities.

## **“Guided Meditation”**

**Tuesday, March 27th, 7pm**

**Certified Hypnotherapist,**

**Catherine MacNeil RMT, CHT**

**will lead us through a guided meditation.**

## ***Vision Boards***

***Monday, April 9th, 6:30pm***

***Change can be challenging yet necessary, when we want to move forward and strive for our dreams. When we choose to implement change it is often helpful to have a visual point that we focus on every day.***

***Join Juli from P.A.U.S.E Wellness Centre, as we have fun working with intention and creative expression, crafting Vision Boards that support your goals and help manifest your dreams.***

*There is no greater agony than bearing an untold story inside you. ~ Maya Angelou*

## **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.

Please contact LEA Place Women's Resource Centre to register for all programs (902) 885-2668

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## **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**

**Deadline March 31, 2018**

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## **Community Volunteer**

### **Income Tax Program**

For modest income households.

Appointments available after mid February by

Calling YMCA Nova Scotia Works Centre at  
(902) 885 2810

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## **Salvation Army Good**

### **Neighbour Energy Fund**

Accepting applications January 15 - April 15  
for emergency help with heating.

You can apply once every 24 months.

Forms are available at LEA Place,

Or download from

<http://www.salvationarmy.ca/maritime/files/2010/12/GNEF-application.pdf>

Or by calling the Salvation Army at

**1 (902) 422-3435**