



January - April 2019

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 10th

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 take what you need. If you have clothes that you would like to donate, 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 February 11th - 21st or bring donations the day of the event.

Saturday, February 23rd

10am - 12pm

Snow Date: Saturday, March 2nd, 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

leaplace@ns.sympatico.ca

Soak your Soles

Please join us for a
'soak your soles' event

Tuesday, April 9, 2019

2 - 4pm.

This is an opportunity for you to be pampered by some enthusiastic volunteers for a few hours.

Please note this is not a pedicure; no files or nail clippers will be used; it's merely a time of relaxation.

The event is being sponsored jointly by LEA Place Women's Resource Centre and the Tangier Anglican Parish.

Space is Limited.

A Journey of Addictions

Tuesday, April 2nd - 6:30-7:30pm

Join us as a local woman continues to break the stigma of addictions through the power of her personal storytelling and lived experiences.

Rug Hooking

Beginner Workshop

April 16th, 6:30-8:30pm

Join us for a lesson on the art of hooking with yarn while making a coaster.

Materials provided.

Register early as space is limited



International Women's Day

**Better the Balance
Better the World**

How will you Balance for better?

The future is exciting. Let's build a gender-balanced world.

Everyone has a part to play - all the time, everywhere.

From grassroots activism to worldwide action, we are entering an exciting period of history where the world expects balance. We notice its absence and celebrate its presence.

Balance drives a better working world. Let's all help create a **#BalanceforBetter**

For International Women's Day 2019,

together let's all

#BalanceforBetter

www.internationalwomensday.com

Building Better Sleep

Join Catherine MacNeil of Earthtones as she shares

"How to incorporate better sleep in your life."

Wednesday, January 16th

6:30pm



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 PN'T will also be cancelled.

In addition to our regular Parent N' Tot mornings, we will now be welcoming Darlene Rasmussen, from Public Health. She will be joining us the second Wednesday of each month for an informal information session, that will take place during free play.

This is a great opportunity for parents and caregivers to connect with public health on a variety of topics pertaining to children of all ages.

**Our first visit with Public Health is
Wednesday, January 9th, 2019**

Prenatal Classes

LEA Place Women's Resource Centre, in partnership with Public Health Services, will be hosting prenatal classes three times per year; **Jan., May & Sept.**



The program runs for four weeks on Tue. nights.

**Upcoming dates are
Jan. 15, 22, 29 & Feb. 5**

6:30-8:30pm

**Registration is essential by calling
(902) 885-2946**

Lunch & Learn

Please register early as space is limited.

#1.

**Monday, January 14th, 12-2pm
Deirdre Dwyer
Mental Wellness, understanding
the importance of self-care.**

#2.

**Thursday, February 28th, 12-2pm
Raylene MacDonald,
"Senior Depression"
for women 55+**

#3.

**Tuesday, March 12th, 12-2pm
Deirdre Dwyer
Creative Journaling for mental
wellness.**

#4.

**Wednesday, May 1st, 12-2pm
Sandra Hatch,
Family Practice Nurse
Vaccines for adults.**

Natural All-purpose Cleaning Solution

1/2 cup Dawn dish washing liquid

1/2 cup White Vinegar

1/4 cup Rubbing Alcohol

Mix together in a spray bottle.

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, 2019

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

Salvation Army Good

Neighbour Energy Fund

Accepting applications January 15 - April 30
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/
home/programs/](http://www.salvationarmy.ca/maritime/home/programs/)

Or by calling the Salvation Army at

1 (902) 422-3435