



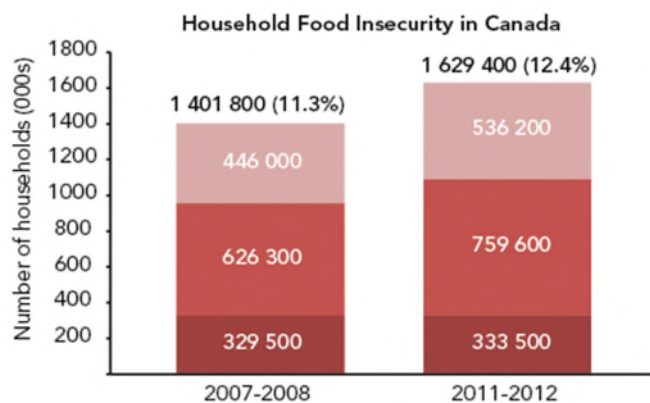
May - August 2018

From the Women's Centre

LEA Place Women's Resource Centre

Food InSecurity

Household food insecurity is the inadequate or insecure access to food due to financial constraints. This is a serious problem in Canada. It negatively impacts physical, mental, and social health, as well as considerable costs to our healthcare system.



Data source: Statistics Canada, Canadian Community Health Survey (CCHS) 2007-2008, 2011-2012

- Marginal food insecurity
- Moderate food insecurity
- Severe food insecurity

Marginal food insecurity: Worry about running out of food and/or limited food selection due to a lack of money for food.

Moderate food insecurity: Compromise in quality and/or quantity of food due to a lack of money for food.

Severe food insecurity: Miss meals, reduce food intake, and at the most extreme go day(s) without food.

Household food insecurity in Canada is tightly linked to income. As a household's income declines, the risk of food insecurity increases. However, it is not a perfect one-to-one relationship. Food insecurity reflects a household's broader material circumstance; taking into account income, assets such as property, and other resources that a household could draw upon. **Research has shown that food insecurity can be reduced through public policies that improve the financial circumstances of low-income households.**

Annual General Meeting

Wednesday, May 23rd

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 Jessica Taubensee

Sexual Assault Response Team (SART) Coordinator

Jessica will be speaking on her work accomplishments and how it affects individual lives.

Everyone Welcome!

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
leaplace@ns.sympatico.ca

*In Honor of
National Indigenous Peoples Day*

We are hosting a

Dream Catcher Workshop

Create your own dream catcher with
Carla Asprey and Brenda Buck

June 20, 7-9pm

**Time Management /Productivity
Workshop for Women**

At the end of your workday do you feel exhausted, overwhelmed and unproductive? In today's busy world it is important for workers to be as effective as they can with the limited hours of time during the day. If the unexpected interruptions and crisis are affecting your productivity, then it is time to take control of your workday!

Objectives: *In this workshop you will learn how to:*

- Implement practical and specific time management skills that will increase your effectiveness and reduce time-wasted activities
- Gain confidence in managing your time, schedule and priorities
- Manage your day in the midst of a busy and hectic work environment

Wednesday, May 16, 7-8:30 pm or

Wednesday, May 23, 1-2:30 pm

**Taylor Head Hike
Thursday, July 5, 6pm**

**A fun and easy way to become more active
and meet new people.**

Bob Bluff Trail

3 km (1.8 mi.) • Basic trail • Time: 1 hour

With coastal views this trail begins near the parking area and follows along the shore to the northern end of Pyche Cove providing several enchanting vistas of Mushaboom Harbour and its many islands along the way.

Meet at the first parking lot with;

- Comfortable sturdy footwear
- Comfortable clothing
- Water Bottle

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!**

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.**

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. Snacks provided for tots.

Wednesday Mornings - 10-11:30am

"Continuing Throughout the Summer"

Women's Business Networking Planning Meeting

Find out what's happening with local Women in Business, and explore some of the trends with other groups regionally, nationally, and around the globe. Lots of opportunity to socialize and share ideas and suggest topics for further discussion.

All Women in Business (or looking to start a business) Welcome!

Monday, June 4, 7-8 pm

Through positive feedback, we are again offering

"Guided Meditation"

Wednesday, June 6, 7pm

Thursday, July 12, 7pm

Certified Hypnotherapist,

Catherine MacNeil RMT, CHT

will lead us through a guided meditation.



Girl Power Day Camp

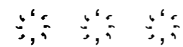
Our three day Girl Power Day Camp is a great opportunity for girls to have fun through games, crafts, presentations and adventure. Designed to promote healthy self-esteem.

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 24, 25 & 26

9am—3pm

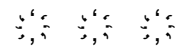


20th Annual Teen Retreat

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

For GIRLS grades 7-12

Aug. 1, 5-11pm



Movie Afternoon

Girls 9 - 13

Join us for Popcorn and a Movie

July 19 - 1pm

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.

Yoga is a place of awareness rather than a practice of ordering your body around. Simple movements can offer the most change!

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

Tuesday, May 22

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

Nova Scotia Mobile Breast Screening Clinic

Plan ahead. Get Screened.

Digital Mobile stop at ESMH Sheet Harbour

October 1st, 2018 to October 6th, 2018

Book your appointment today 1 (800) 565-0548

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

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