



September - December 2018

From the Women's Centre

LEA Place Women's Resource Centre

October is

Women's History Month in Canada

It's a time for Canadians to celebrate the achievements of women and girls throughout our history and recognize the trailblazing women who have shaped our country and way of life.

Make your mark

When women and girls bring their passion, energy and talents to everything they do, there is no stopping them!

Looking back over the past 150 years since Confederation, countless women have done exactly that: harnessed their power, found their voice, and claimed their place in our country's proud history.

Because of their efforts and those of the many women who have followed in their footsteps, we've made amazing strides toward gender equality and women's empowerment over the past 150 years. But there is still more work to do: barriers still exist, and sexism and discrimination continue to impact and shape the lives of too many Canadians.

Change is possible, but we can't do it alone.

As we look to the future, we must lift each other up so that everyone has the chance to claim their place and reach their full potential. Together, we can create a Canada where every woman and girl has the chance to let her unique power shine through and make her mark.

#ClaimYourPlace

Today, women, girls, men, and boys continue the quest for equality and inclusion in all areas of Canadian life.

Honour their actions and celebrate the courageous women and girls who inspire you to #ClaimYourPlace.

Join the conversation on social media by using the hashtag #ClaimYourPlace and share photos, videos and words of inspiration. Share your stories of finding your voice on Twitter, Facebook and Instagram. Tell the world how you #ClaimYourPlace!

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.

Thursday, Dec 6, 6:30pm

*St. James United Church,
Sheet Harbour*

Performance by
Nathalie Ladouceur &
Tidal Harmony All Women's Choir

Everyone Welcome

***Donations received will be put
towards programs
addressing violence***

In Honor of

Women's History Month

Please join us as we come together to welcome guest speaker

**Margaret Robinson, Assistant
Professor and Acting Coordinator
of the Indigenous Studies
Program at Dalhousie University**

Margaret will be speaking on the
"History of Indigenous Women"

Wednesday, October 24, 7pm

~ Tea & Dessert ~

Everybody Welcome

“Spirit of the Sisterhood”

SAVE THE DATE...Monday, November 19, 6 PM

More details to come. Ticket sales start on Sept. 28/18

An evening that celebrates “Spirit of the Sisterhood”.

An opportunity to support and network with local entrepreneurs while enjoying a fine meal. Vendor booths and a silent auction will be onsite for your holiday shopping.

Sponsored By: Saltwater Soul Inspired Retreats & Events

The Henley House Pub & Restaurant

LEA Place Women’s Resource Centre

Liver Health

Join Shannon Taylor, RN, BScN,
CCHN Nurse

as she discusses liver health.

Tuesday, Nov. 27, 7pm

Did you know...

What’s With All the hoopla?

Stream music, movies, TV shows, audiobooks, and more with hoopla.

Thousands of movies, TV shows, audiobooks, e-books, comic books, and music albums are at your fingertips with [hoopla](#).

Take the library with you wherever you go. You can stream content on your computer browser, smartphone and tablet or even your TV. Items can be downloaded for viewing offline on the hoopla app.

<https://www.halifaxpubliclibraries.ca/blogs/post/whats-with-all-the-hoopla/>

Healing with Acupressure and Acupuncture

Join Terilyn Taker RAc

Registered Acupuncturist,

Reflexologist and Reki Master,

as she talks about her work and how we can help our bodies heal.

Monday, Oct. 1, 7pm

“Lunch & Learn”

Pharmacy in your Home

With

Tanya Smiley, Pharmacist

What does this mean for you and your family?

Monday, Oct. 29, 12-2pm

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 fifth annual sing-a-long led by Nathalie Ladouceur

Location: Harbour View Lodge

Thursday, Nov. 29 - 1:30-3pm

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. 27 - 3-4:30pm

Please Register Early!

On National Day of the Girl, join us to watch this inspiring film about extraordinary girls.

Thursday, Oct. 11, 6:30pm

Movie

"Girl Rising"



**Wear PINK on
Thursday, Sept. 13**

**"Stand Up
Against Bullying"**

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

"Lunch & Learn"

with Sandra Hatch, RN

**Nutritional facts, food labels,
best before dates & healthy eating.**

Wednesday, Nov. 14, 12-2pm

"Create a Vision Board that Works"

Join us in creating a Vision Board with a focus on where you want to be in your life and how you want to feel.

Tuesday, Sept. 11, 7pm

"Guided Meditation"

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

Wednesday, Sept. 19, 7pm

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. 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

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, laundry detergent, 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.

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## 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 but 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.

## Woman's Education Bursary

LEA Place Women's Resource Centre is now administering the Woman's Education Bursary that was previously overseen by St. Peter's Catholic Women's League, Sheet Harbour.

The Bursary is intended for mature women who have been out of school for a period of time and are now enrolled in a course or training.

### Bursary applications at LEA Place

**Deadline: Thursday, Oct. 18 - 4pm**

## Snow Removal Program

Available to seniors (65 and over) and persons with disabilities who own or rent within HRM with a total gross income under \$32,000. Provides assistance with clearing steps, walkways, and access to fuel tanks.

Registration deadline : December 1, 2018

Information **YMCA 1-902-483-3678**

## Heating Assistance Rebate Program

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

For info call **1-800-670-4357** after October 1, 2018

## 2018 Residential Tax Rebate

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

Information can be found online at

<https://novascotia.ca/sns/pdf/consumer-rebate-seniors-application-2018.pdf>

1-800-670-4357

Postmark deadline by: Dec. 31, 2018