

Community Development

- ◆ Are you without a Family Doctor?
- ◆ Are you a female who would prefer to have pap smears and other examinations done by a female physician?
- ◆ Are you a youth who needs medical services?

The Leahey Wellness Clinic is for everyone ~ women, men, youth, families & their children



The clinic has a separate entrance on the side of the Women's Centre location in Yarmouth. If you need a ramp, use the main entrance to the Women's Centre to access the Clinic.

We provide **medical services by appointment only**

There are no medications/drugs kept on site.

CALL 902-742-1790

AFFORDABLE & SUPPORTIVE HOUSING:

Housing stakeholders have formed ad hoc groups in each of the three counties to understand, research, and develop potential solutions to this even increasing problem in our rural communities. If you are interested in getting involved let us know —742-0085.

Women in Business – Online Marketing Strategies

The Women's Centre, Connecting Women in Business, and Stratigro Business Consulting are partnering to offer women in business a five hour workshop on online marketing strategies.

Dates –Tuesday May 2nd. and Thursday May 4th. 6:00-8:30

Cost \$10. / Pre- registration is required/ Space is limited

For more information or pre-register call or email Marlene - marlene@tricitywomenscentre.org

You will learn: What type of posts encourage the most engagement/ how to craft post that your customers will relate to, and see as valuable/ types of content to reach the biggest audience/ how to extend your brand to your online presence/ what to do and what to avoid/ making connections and build relationships with your customers.

INCOME TAX

DO YOU NEED ASSISTANCE COMPLETING YOUR INCOME TAX FORMS?

We can assist low income women and seniors for free

Starting March 1st, 2017.

FINANCIAL DONATION FOR TCWC

As a not-for-profit society the Women's Centre accepts financial donations to assist in delivering programs and services to women and girls across the Tri-Counties. We have charitable status and can issue tax receipts for donations of \$20.00 or more. **Please consider donating.**

NEWSLETTER SPRING 2017

TRI-COUNTY WOMEN'S CENTRE

Yarmouth: 742-0085 Shelburne: 875-4777 Digby: 245-6866

Toll Free: 1-877-742-0085 Fax: 742-6068

Yarmouth Hours of Operation: 9:00 – 4:30 Monday – Friday

12 Cumberland Street Yarmouth Nova Scotia B5A 3K3
Shelburne – 35 King Street & Digby – 126 Water Street

Email: tcwc@tricitywomenscentre.org

Web Site: www.tricitywomenscentre.org



~ NEWS From the Centre ~

**The Tri-County Women's Centre,
in recognition of International Women's Day,
is hosting a Luncheon at Yarmouth Town Hall
Wednesday, March 8th. Noon**

Special Guest Speaker—Norma Jean Profitt

*Norma Jean is one of five recipients of the Governor Generals
Persons Case Award in 2016*

To recognize the achievements of the Persons Case, our Federal Government established in 1979 the **Governor Generals Persons Case Award**. Each year five adult women, and one young woman, who have made significant contributions to women's advancement are chosen from across the country to receive this award.

This past October, Norma Jean Profitt, a woman who lives and works here in Yarmouth, was one of the recipients. We have asked Norma Jean to be our special guest for IWD and share with us her experience receiving this award and the essential work required still, as we all work towards full and sustainable emancipation for women and girls.

Norma Jean has a unique combination of working and volunteering at the community level with high academic achievements.

As a community leader and activist Norma Jean has been involved in addressing violence against women here in Nova Scotia and in Costa Rica.

As an academic she conducted pivotal research on violence against women and child protection issues, combining theory and practice to influence policy makers and educators to create lasting change.

As an educator, Dr. Profitt was engaged in building affirmative, woman-centered social work practices.

Norma Jean is a strong feminist, a true community builder, engages with women in their collective endeavours, and uses her leadership skills to work within diverse communities to create transformative change.

CONGRATULATIONS NORMA JEAN

Activities, Projects and Programming



Sexual Assault Nurse Examiner Program - Western NS

In April, 2017, NSHA will hire a **Provincial SANE Coordinator** to ensure consistency of SANE services and standardized SANE training throughout Western Nova Scotia.

SANE services will be established across Western Nova Scotia using a progressive approach. During the first phase, we will be recruiting and hiring nurses from the Tri-Counties: Shelburne, Yarmouth, and Digby. We expect the first SANE training to occur in April/May. Once the first SANE team is established in the Tri-counties, we will continue the hiring/training process in the Valley, followed by the South Shore.

Job postings, in both official languages, will be on Career Beacon and the TCWC website starting in March.

We appreciate your assistance in spreading the word.

Trauma-Specific Therapeutic Counselling for Survivors and Victims of Sexualized Violence

Therapeutic counselling for individuals of all gender identities and those who are gender non-conforming, 13 years and older, who have experienced a recent or historical sexual assault, childhood sexual abuse and/or sexual harassment.

We also provide:

- Information/support sessions for non-offending parents of children/youth who have experienced sexual assault or abuse
- Partner information sessions for partners of clients of the counselling program.

Counselling services are free of charge and available at our Shelburne, Yarmouth and Digby locations.

For more information or to make an appointment, please call 902-742-0085 or 1-877-742-0085.

This program is made possible through funding from the Nova Scotia Sexual Violence Strategy

YOUTH TRUTH MATTERS (YTM) project update

Youth Truth Matters (YTM) is a youth focused engagement and leadership approach to supporting youth and developing their resiliency.

Seven of our YTM youth were recently in Toronto attending the Student Commission of Canada "Canada We Want" Conference.

"Youth Talks" - will be hosted by YTM Youth Leaders. on Wednesday, March 29, 10:00-3:00 at NSCC Burrige Campus. The three themes youth will be presenting on are Marijuana, Mental Health, Prescription drug use. This is a great opportunity to engage with youth on three important and emerging topics.

"WORKIT" - Acadia University is working with the YTM project, Juniper House, and Acadia First Nation to host this exciting forum for 40 grade 10 girls. From across the tri counties. The participants will be involved in activities that provide information and strategies to guide decision making around school, life, and work.

Activities, Projects and Programming

From our main location in Yarmouth and our Outreach Offices in Digby and Shelburne we offer support counselling, advocacy, information, and programs and work with other stakeholders across the tri counties on a number of community development initiatives to improve the lives of women and their families.

SHELburnE OUTREACH OFFICE

Our Office is currently closed and services can be accessed through our toll free phone line – 1-877-742-0085.

DIGBY OUTREACH OFFICE

- ⇒ Exercise Class: Tuesday morning, Yoga until end of March and then the Walking Program with the Nordic Walking Poles for 8 sessions in Digby.
- ⇒ Walk The Trail in Weymouth each Wednesday morning.
- ⇒ The coffee pot is always on for anyone wanting to drop in for assistance.

YARMOUTH OFFICE

- ⇒ Women's Self-defense Workshop: Saturday, April 8th at the YMCA from 9-4. Minna Stewart, a local Jiu-Jitsu instructor will be facilitating the workshop. This workshop is offered free of charge. Limited space, pre-registration is required. Light lunch will be provided.
- ⇒ Back to Basics Cooking Lessons: Mondays for 4 weeks—9:30 to 1:00 at Beacon Church starting March 20th, Child care provided on site. Free of charge, Offered in partnership with the Women's Centre, Yarmouth District Women's Institute and Parents Place Resource Centre. Pre-registration required. By calling Parent's Place 749-1718 Ext.1.

We are always interested in hearing from women and designing programs/ information sessions around your needs? What would you like to see offered? Let us know by calling or emailing us.

ENCORE PROGRAM

This 8 week program includes swimming, light exercise, and support for women recovering from breast cancer.

In partnership with the Yarmouth and Fundy YMCAs

Pre-registration is required.



BREAST PUMP LOAN PROGRAM

Our Breast Pump Loan Program enables mothers to have free access to Breast Pumps & Kits.

Available at our three locations. Call the Centre for details.

Toll Free — 1-877-742-0085

