



**INSIDE THIS
MONTH'S ISSUE:**

1. A Path To Be Travelled
2. SSWC Updates
3. MacLellan Concert Update
4. Wellness

A PATH TO BE TRAVELLED

WOW, this COVID-19 Crisis is quite the ride; as an individual, a community, a country, and around the world. We are being forced to travel a path that we definitely were not expecting! The path has bumps, can feel uphill, has ugly bits, has beauty, can feel lonely, and we are unable to see the end which could be far away or just around the corner. The journey along the path will be easier for some than it is for others. Everything is new and we are all learning along the way. It is important to be kind to yourself, do what you can and that is enough. Please, help others along the way when and if you are able to. While the path for each of us will look different, we must be kind and understanding to one another and most importantly to ourselves. Stay on your path, take your time, and do only what you can.

Second Story Women's Centre supports women and gender-oppressed people, provides safer spaces, and advocates for social change. Our vision is gender equity and safe, healthy relationships on the South Shore

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SSWC UPDATES

Yes, we are still here! The staff team continues to work from home and with the support of volunteers, we are working on creative ways to offer services during a time when we must all stay home. Counselling continues along with other administrative tasks, including fundraising and advocacy. We are currently exploring ways to inclusively continue group programming such as The Girls Loft and Grief Group. We appreciate everyone's patience and support during this strange time. Please, stay home unless it is absolutely necessary to go out.



MACLELLAN CONCERT UPDATE

It has been decided to postpone the "Come Back In" fundraising concert. With so much uncertainty around COVID-19 it is believed it will be safer and easier to reschedule for the fall. The new concert date is September 12th. Everything will be the same as was planned for the May show. Catherine and Amy have already committed to this date.

Thank you for your support.



WELLNESS

Making time to take care of our own wellness is more important now than ever before. We have created space on our website with thoughts and ideas on practicing wellness. We will make changes and add to the website over the coming days, weeks, and months – be sure to check back regularly.

You can go to our website and you will find Wellness under the drop-down menu 'About' or click [here](#).

A great start to the day can be to get out of bed just before the sun comes up to sit and watch the sun rise. You can do this with the whole family, watch the sunrise and talk about what you see and how the sky changes.

We'd love to share your ideas on wellness too – reach out to info@secstory.com

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