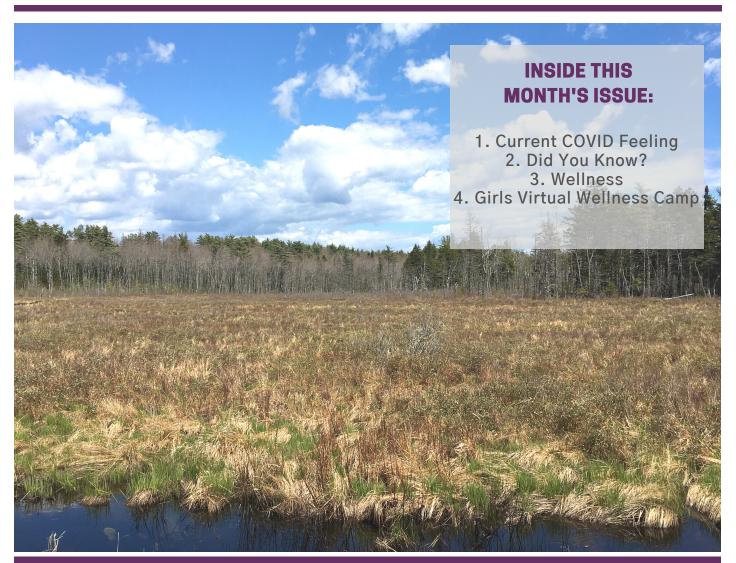


SECOND STORY WOMEN'S CENTRE

NEWSLETTER

July 17, 2020 | Issue 14 Volume 4



CURRENT COVID FEELING

We have all been experiencing many different thoughts, feelings, and opinions throughout the past four months. This pandemic has been easier to navigate for some than others. We continue to receive conflicting messages of what is safe and what is not. It can be overwhelming to say the least. Whatever you are feeling at this time please honour and be okay with those feelings; anger, gratitude, anxiety, happiness, frustration, and more. Please be kind to one another, support one another, and respect the choices each of us make while navigating this strange time. We are in this together and we can support one another as friends, family, neighbours, and a community. Most of all, be kind and gentle with yourself.

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

Second Story Women's Centre, 18 Dufferin St, Lunenburg, NS B0J 2C0 www.secondstory.ca info@SecondStory.ca (902) 640-3044

DID YOU KNOW?

Second Story Women's Centre has a blog where you will find past newsletters, advocacy efforts, upcoming events, and more. We plan to be using this space more consistantly to keep you up to date on what's new with our organization and the awesome things we are making happen.



WELLNESS

Often our lives become busy with cell phones, TV, daily responsibilities, and more. We don't take time to just be with our selves without doing something else. For myself, I find I need to always be doing something. This morning I was having my morning coffee and my first instinct was to reach for my book or my phone. I stopped myself, then sat to sit and enjoy my coffee and nothing else. Give it a try – do 1 thing and only focus on what you are doing in that moment for 10 minutes or more. Just be with yourself.

GIRLS WELLNESS CAMPS

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The Girls Wellness Camps are underway. A new camp starts each week of the summer! Wellness for Girls is a virtual summer camp that will take place via Zoom. This camp is intended for girls aged 9–12 and will take place 4–days per week, from 9AM – 11:30AM followed by a break for lunch, and will continue from 1PM – 2PM for an afternoon session. Participants will need access to a device such as a tablet or computer, as well as internet access

Participants will experience guided wellness opportunities, discussions, games, crafts, and more. The camp will focus on how to maintain a healthy mind and body. To register contact girlssummercamps@secondstory.ca



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A new camp starts each week!

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