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## WELLNESS WALK

I recently asked a 6 year old what she liked to do to take care of her wellness, the feelings part of herself. She said – I think I walk is a good idea. What a beautiful answer! A walk for your self care doesn't have to take a lot of time. Remember – the benefits of your wellness walk will increase if you leave your phone at home or in the car.

**The Walk:** Take 10 minutes to go for a walk; in your yard, down the street, or on a trail. Choose to either A) Pay attention to what you hear – birds singing, wind in the trees, cars, church bells, children playing, etc. or B) Pay attention to the colours you see – bright green, light blue, grey, pink, purple, etc. If thoughts float into your head that is okay, do your best to refocus your attention on what you hear or the colours you see. Give it a try!

*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](http://www.secondstory.ca) [info@SecondStory.ca](mailto:info@SecondStory.ca) (902) 640-3044**



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# WE'RE HIRING

SSWC is hiring a cleaner for the Centre. For the next few months, the hours will be 5 hours per week over 4 days @ \$18/hr. Since daily hours are short, ideally the candidate would be close to the Centre. If you are interested, please contact Rhonda at [Exec@SecondStory.ca](mailto:Exec@SecondStory.ca) for more information.

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## 2020-2021 BOARD

At SSWC's Annual General Meeting, the following Board Directors were elected: Charlene Flint; Chair, Christine Scott; Vice-Chair, Janice Bower; Finance Officer, Ruth Wilkins; Recording Officer, Jackie MacDonald, Andrea Hancock, Linda Wentzel, Becky Nodding, Helah Cooper, Susan MacCallum-Whitcomb, and Colleen O'Neill. The Board of Directors looks forward to working with staff and volunteers in the upcoming fiscal year and supporting the organization in their governance. If you would like to contact any member, please send an email to [Exec@SecondStory.ca](mailto:Exec@SecondStory.ca)



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## MAKING A BIG DIFFERENCE

This month, I'd like to highlight one of the components of our Youth Programming at SSWC – our Wellness for Girls Summer Camps. ...This program is one example of how a portion of our donor funds are put to use.

Wages for our local Facilitator, training, supplies, etc. are some of the costs related to putting on summer programs. These programs are important for this area and our youth and we continue to apply for grants. We thank our generous supporters who help to keep programs like this going.

Cost for one youth (one week of Summer Wellness Camp) = \$192

Current funding needs (after grants) for Summer 2020 program – \$1,952

Click [HERE](#) for full article.



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