



**INSIDE THIS
MONTH'S ISSUE:**

1. Thank You
2. My Guilty Pleasure
3. Reopening The Building
4. 10 Quick Ways To Ground

THANK YOU

A wonderful thank you to all of our volunteers at Second Story Women's Centre. Individuals who volunteer with our organization range from youth to over 90 years old. There are many roles volunteers play in the centres success including program facilitation, watering plants, board membership, front desk support, cooking/baking, event support, supportive listening, and the list goes on and on. (The garden pictured above was recently planted by a couple of our volunteers.) Our organization would not be able to achieve half of what we do each year if it weren't for our amazing group of dedicated volunteers.

Thank you so very much for sharing your valuable time, unique skills, kindness, and dedication, we are forever grateful!

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

MY GUILTY PLEASURE

Giving, to me, is a selfless act and I expect nothing in return. The simple fact: what actually happens is that the joy I feel in knowing I have helped someone through my actions, makes me feel soooo good! Sometimes this makes me feel a bit guilty to know I am benefiting from the time I give, silly isn't it. For me, it feels great to give! As pandemic restrictions have drastically reduced the in-person time I can give, my new focus is going to be to "Celebrate with Second Story".

Click [HERE](#) to read full story.



REOPENING THE BUILDING

Many of you may be wondering when we will be moving back into the building and offering services the space again. The safety of the community, staff and volunteers is our first priority. As we begin to plan reopening the doors of the building to the community we have a lot to think about to ensure the safety of all. We anticipate this will be a long process. In the meantime, WE ARE STILL HERE to support the community to the best of our ability. Much of our programming and advocacy continues virtually.

If you or someone you know could benefit from our support please do not hesitate to email info@secondstory.ca or leave a message (902)640-3044.



10 QUICK WAYS TO GROUND

Grounding helps manage anxiety; specifically intrusive thoughts/feelings/sensations.

1. Change your environment. Get outside. Go for a walk.
2. To quickly ground place your hands under cold water.
3. Peel an orange or lemon, notice the smell.
4. Dig in the dirt in your garden.
5. Move around. Feel your body. Do a full stretch or your arms, hands, and fingers.
6. Light a candle. Study the flame. Notice the darker inner flame.
7. Name your 3 favourite colours, animals, and foods.
8. Feel the aliveness of grass on your bare feet.
9. Blow bubbles.
10. Splash water on your face.



“

Place your hands under cold water.

”