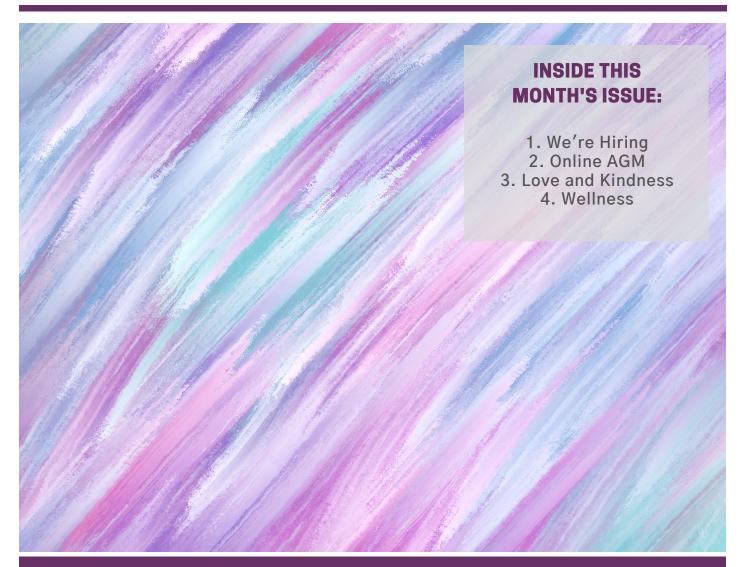


#### SECOND STORY WOMEN'S CENTRE

# **NEWSLETTER**

May 22, 2020 | Issue 10 Volume 4



# WE'RE HIRING

We are doing a bit of a summer shake up! In response to the changes and struggles our communities have been facing these past few months, we have decided that a Wellness for Girls Camp and a Wellness for Boys Camp is a great way to support our youth. We are planning the format to take place online to allow for flexibility and necessary social distancing expectations. These camps will be light, fun, and packed with wellness ideas. We are accepting applications for Facilitators for each of these camps. Click <u>HERE</u> for more information including position description, position advertisement, and how to apply. Please share if you know someone who might be interested.

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

## **ONLINE AGM**

The Board of Directors and staff of Second Story Women's Centre warmly invite members and interested friends to join us for our Annual General Meeting on Thursday, June 18, 2020 at 6:00pm.

The AGM will happen online via zoom.

Please RSVP to Executive Director Rhonda Lemire who will provide you will the Zoom link. exec@SecondStory.ca



### **LOVE AND KINDNESS**

Hearts are all around us if we take the time to watch for them. When I was first shown a rock in the shape of a heart I was surprised and smiled! Since that day I have seen many rocks in the shape of a heart. It is amazing to think that if we keep our own hearts open the world around us will give love and kindness when we need it. This does not stop with rocks, there are hearts all around, keep you eyes open to the possibilities. When I see a heart unexpectedly, I am grateful for the love and kindness it shares with me and am reminded to share the same love and kindness with others especially when times are tough as they are for many of us these days.

#### **WELLNESS**

Right now with everyone at home we have a lot of time to think, and that can lead to racing thoughts, worry, and increased anxiety. One of the tools we can use to help this are diffusion exercises, here is an example:

. . . . . . . . . . .

Thoughts come and go they don't stay with us. Sometimes the best thing to do is to acknowledge them, and then send them on their way. This visualization exercise may help you do this.

The River: Items floating down a river, perhaps leaves or chunks of debris (thoughts, feelings, images), instead of struggling to stay afloat, we can visualize ourselves standing on the bank watching our thoughts, images and sensations drifting on by down the river.

Sometimes the best thing to do is acknowledge [our thoughts] and then send them on their way.

