

**INSIDE THIS  
MONTH'S ISSUE:**

1. Hope For Our Community
2. Board Recruitment
3. Wellness
4. Making A Big Difference

## HOPE FOR OUR COMMUNITY

All of us at Second Story Women's Centre are devastated by the horrific events in Nova Scotia on April 18/19 that left 22 innocent people dead. Our hearts go out to all of those affected and struggling to cope. We are angered by the continued increase in domestic and intimate partner violence we have seen since the outbreak of the COVID-19 virus and the ensuing isolation. Our vision of 'gender equity and safe healthy relationships on the South Shore', has once again been tested by these tragedies. The problem however as we all know, is bigger than these isolated incidents, and in their wake we are left questioning: where are we failing as a community and a society?

Click [HERE](#) for full letter in May 5th blog post, "Hope For Our Community".

*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**

---

# BOARD RECRUITMENT

Our volunteer Board of Directors is currently undergoing a recruitment process for new members. We are seeking to fill these vacancies with women and gender oppressed people having diverse cultural and life experiences, to ensure that the voices of the women and other gender-oppressed persons we serve are represented.

Click [HERE](#) for more information

.....



## WELLNESS

Take a minute and pour yourself a glass of water. Drinking lots of water can support your wellness and mental health. The amount of water that your body needs each day varies from person to person. There are websites that can help you decide what the ideal amount is for you, or you can start with drinking 8 glasses of water a day. There are a number of benefits drinking more water have for your mental health including reduced anxiety, increased energy, and can improve your mood.

.....

## MAKING A BIG DIFFERENCE

In last month's Newsletter, I promised to tell you how donor support is making a difference at Second Story Women's Centre. So, let's talk about some local issues and how one of our programs, Support Counselling, is making an impact.

Some women and gender oppressed people, particularly those in rural areas, are at higher risk of gender-based violence <sup>1</sup>, have fewer economic opportunities <sup>2</sup>, and face a bigger gender wage gap <sup>3</sup> than others. It happens because of greater systemic discrimination in their lives. It is important to try to understand the many ways different women are affected by barriers and discrimination that go beyond their gender and how this impacts their lives.

Click [HERE](#) for full letter.

“

**Support Counselling is making an impact.**

”

