

# HOW YOU CAN HELP US MAKE A DIFFERENCE

## Donations/Fundraising

Contribute. Donations allow us to allocate funds to areas where they're most needed. We welcome opportunities to build long term relationships with our supporters.

## Awareness

Share our info on social media, provide a voice, support our issues or invite us to present to your company, group, or club.

## In-Kind Support

Donate full sized, unopened, unscented personal hygiene products and diapers.

## Your Time

Join our team of volunteers to share your skills. Attend our events. Be a champion!

**For more information  
on how you can help:**

[www.SecondStory.ca](http://www.SecondStory.ca)

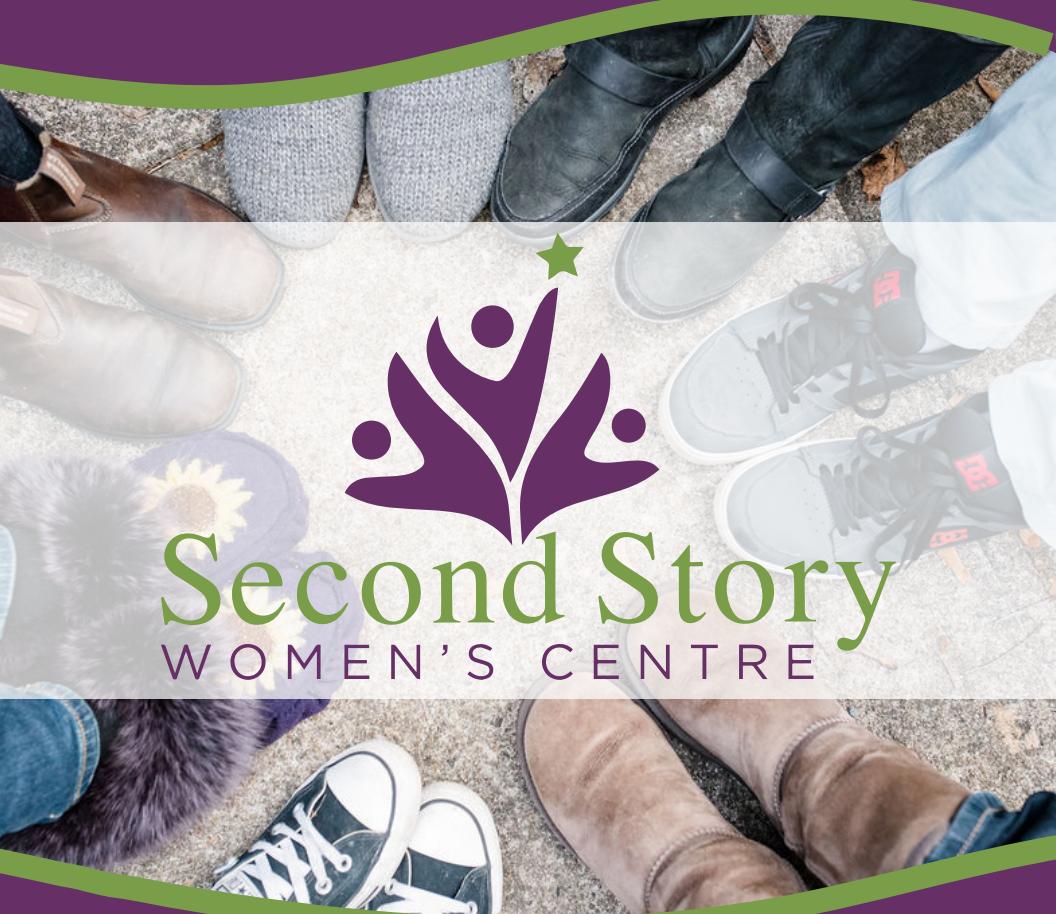
info@SecondStory.ca  
302-640-3044



18 Dufferin St.  
PO Box 821  
Lunenburg, NS  
B0J 2C0

Centre Hours:  
Mon, Tues, Thurs: 10-4  
Wednesday: 11-4  
Friday: 10-1

# A SMALL ORGANIZATION



# MAKING A BIG DIFFERENCE

# WHO WE ARE

Second Story Women's Centre (SSWC) offers a welcoming and safer space for girls, women and gender-oppressed people. All our services and programs are free. Through trauma informed support, education and advocacy, we strive for gender equality and safe healthy relationships on the South Shore.

## HOW WE MAKE A DIFFERENCE

### Counselling, Support and Referrals

SSWC's experienced Counsellors meet with people individually or in groups at our Lunenburg Centre or in other community locations. Crucial early intervention and preventative services are provided through a trauma informed lens in a confidential setting along with crisis intervention and follow-up support. People can request that someone accompany them to court dates and other agency appointments. Financial counselling is also available. Our knowledgeable team can connect people with necessary information regarding community-based services and agencies.

### Community Connectiveness

We offer a comfortable meeting place where tea, coffee and conversations are available. The Centre serves as a base for people who want to network with others. SSWC also welcomes groups and individuals working on activities relevant to our objectives by providing organizational assistance and meeting space.

### Personal Development and Wellness

Our programming provides creative experiences, recreation and holistic healing. We work with other community supports to offer wrap around services. SSWC collects and distributes personal care products.

### Advocacy

We advocate for the needs and issues of women and genderoppressed people to governments and service agencies. We work closely with the eight other Women's Centres in the province and with community groups and organizations on issues that affect us all. The recent implementation of the Sexual Assault Nurse Examiner Program is a successful result of our advocacy. We partner with, attend or host events that align with our vision.

### Volunteers

Volunteers are a vital part of our success. We want volunteers to have a positive and meaningful experience with our organization so they experience a sense of belonging, develop skills and make a valuable contribution to their community.

### Youth Programs

We aim to engage youth in a safer environment to take part in discussions and activities that help them explore personal growth and develop critical thinking skills, (i.e., summer camps, mentoring, or school-based programs).

