

Some Current Projects Sponsored by Women's Centres - June 2002

Every Woman's Centre, Sydney

- *Almost Home*, a one-year community-based initiative focusing on assisting women in accessing and acquiring safe, affordable housing and providing support to women at risk of becoming homeless.
- *Social Assistance Reform: Is it Working for Women?* The goal of this project is to promote women's economic independence and to document the effects of recent changes to the social assistance policy by working with women most affected by the policy.

Antigonish Women's Resource Centre, Antigonish

- *Social Assistance Reform: Is it Working for Women?* In partnership with Every Woman's Centre and Pictou County Women's Centre. (see above)
- *On the Road to Employment*. A Pre-employment program for women facing barriers to employment.
- *Stepping Forward*. An after-school program for young women at risk.
- *Life Literacy*. An education needs assessment for 16-24 year old women who have been out of school for at least one year.
- *Assessing Youth Homelessness in Antigonish*.
- *LINKS Project*. A national project in association with the Canadian Association of Sexual Assault Centres.
- *Rural Youth Healthy Relationship Education Project*. A four-year pilot project using a peer education model with high school students in Antigonish town and county.
- *Women Examining Alternatives to Market Housing*.

Pictou County Women's Centre, New Glasgow

- *Women Connecting the DotCom's*. An 8 week re-entry program that focuses on personal empowerment, computer skills and job-readiness.
- *Women Trades and Technology: Advancing Women's Involvement*. A 16 week program focusing on personal empowerment, computer skills, job-readiness, and exposing women to training and work opportunities within the trades & technology sector.
- *Social Assistance Reform: Is it Working for Women?* In partnership with Every Woman's Centre and Antigonish Women's Resource Centre. (see above)
- *Youth Access Pictou County*. A community-based initiative to develop a "Youth Health & Support Centre", alternative housing for homeless youth, a "Youth Leadership Training Manual" and a "Pictou County Youth Agencies Committee".
- *Girl's First*. Sensitivity training with coaches/ youth leaders on how to keep girls physically active & organize a full day of physical activities for girl to expose them to a variety of activities & encourage them to stay physically active.
- *Women & Co-operatives*. A 17 week program focusing on personal empowerment, computer skills, and the cooperative model of business management.

- *Teen Reaching Teens: HIV & AIDS.* In partnership with Planned Parenthood Pictou County the project used a peer-educator's approach to HIV& AIDS education.

Central Nova Women's Centre, Truro

- *"Girl Power" Day Camps.* For girls, ages 9-14, to encourage " girl power " and to develop self esteem and to address issues of body image and self confidence. Organized in partnership with Truro Boys and Girls Club.

LEA Place Women's Centre, Sheet Harbour

- *Community Kitchen:* An ongoing program that offers young and adult women the opportunity to improve their nutrition knowledge, as well as budgeting, shopping and food preparation skills in a mutually supportive environment. It also offers support to women living in difficult and isolating situations.
- *Women in Business:* Partnership with the Halifax RDA to offer a series of Business Workshops.
- *Alzheimer Support Group:* A support group that meets monthly for information and support for those dealing with Alzheimer disease in the family.
- *Overnight Teen Retreat:* Young women from grades 7-12 come together to learn more about the topics that affect their lives in a fun, supportive and participatory way.
- *Girl Talk & Pre-Teen Group:* Two programs that meet alternating weeks targeting young teen girls regarding various topics that effect their lives.
- *Youth In Action Team:* A Youth Leadership Program focusing on long term solutions for addressing challenges youth and communities encounter. A partnership between the Sheet Harbour & Area Youth Centre and Heartwood Institute, Royal Bank, and Community Health Board.
- *Community Based Inclusive Alternative Transportation Research Project:* A partnership with the Community Health Board, Service Nova Scotia and Municipal Relations and other interested people to investigate the issue of inadequate transportation within the area.
- *Rural Women's Health Initiative Project:* A partnership with the Rural and Remote Health Innovations Initiative, Population Health Canada and women in local communities to address development and delivery of health care services to rural women in their own communities.
- *Aging Well In Rural Areas; Seniors and Mental Health (Atlantic Canada Project.* Talking to Seniors and community members regarding their experiences and perceptions of seniors and depression.
- *Eastern Shore/Musquodoboit Valley Early Intervention Program.* A partnership with Community Services to deliver the Early Intervention Program.
- *Parent Time/Play Group:* A partnership with the Early Intervention Program and Community Services. An ongoing program for parents and their children (ages birth to 3).
- *Grade 7 Sexual Health Program:* A partnership with Planned Parenthood Sheet Harbour to yearly have Grade 7 youth talk about issues regarding sex, healthy relationships, the risk of underage drinking and making positive choices.

The Women's Place, Lawrencetown

- *Discovery series.* An eight week program focusing on personal empowerment, building self esteem and assertiveness.
- *Women and Their Health.* Delivering yearly well women's clinics and health information series.
- *Young Women's Self Discovery Series.* A program to assist young women, ages 13-18, in the journey of self-discovery and developing a healthy lifestyle plan that ensures wellness for mind, body and spirit.
- *Community Crime Prevention Strategies for Women.* This program promotes awareness and self defined strategies for crime prevention in rural communities. Women discuss the areas of need, design and implement a strategic plan for living in isolation
- *Supporting Women's Entrepreneurship and Training.* A series of information sessions on topics such as developing a business plan, marketing and access to financing.
- *Story Sharing.* Workshops in a story sharing format on a variety of topics such as custody and access, healthy living, mediation and legal rights.

Tri-County Women's Centre, Yarmouth

- *Developmental Strategy for Empowering Women in the Work Force.* A 12 month project to assist in establishing the Centre and to develop a long-term strategy formulated to get women into, or back into the workforce.