

Antigonish Women's Resource Centre



Phil is responding and the Antigonish Women's Resource Centre is responding to his program.

A series of programs will be offered, beginning in early October. The program is an after-school program designed for adolescent girls who, for a variety of reasons, face challenges in their lives. The program will provide participants with a safe space to explore issues in their personal and social lives, and learn valuable life skills. Inquiries will be accepted on a first-come, first-served basis.

Women Empowering Women is a facilitator-led support group for women. It provides a safe space for women to share their experiences, learn from each other, and build self-esteem. The group is open to all women.

Adult Education of Social Transition (AST) is a women's empowerment program for women who are survivors of sexual violence. The program provides a safe and supportive environment for women to learn about their rights, build self-esteem, and develop life skills. The group is open to all women.

Sex Role Training is an 18-week program for women living with sexual violence. The program provides women with information, support, and skills to help them deal with their situation. The program is open to all women.

2004-2005 Resource Centre responds to women's concerns

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The Antigonish Women's Resource Centre (AWRC) has responded to the concerns of women in the community. The centre has a variety of programs and services that are designed to help women deal with their situation. The centre is open to all women.

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Health care for women and their families

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Paving the road to employment

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Prior to participating with the Antigonish Women's Resource Centre in the first program.

A number of programs will be offered, beginning in early October. The first is an after-school program designed for adolescent girls who are interested in learning more about themselves and their world. A variety of topics will be covered in this program, including self-esteem, body image, and healthy decision-making.

Women's Empowerment is a facilitated self-exploration program. It provides a safe space to share stories and life experiences, support each other in finding solutions to problems in their lives, to learn about their own strengths, to begin to make positive personal changes and to become their own advocates. The group is open to all women.

Adult Survivors of Sexual Assault (ASASA) is a support group for women who are survivors of sexual assault. The group provides support and encouragement for women to begin to talk about the experience. Women learn to cope with overwhelming feelings, build confidence and maintain personal support. The group also provides the benefits of isolation, shame and guilt experienced by many survivors.

The "Road to Employment" is a 16-week program for women facing barriers to employment. The program teaches women necessary life skills, communication and problem-solving skills as well as their computer, communication and workplace skills. The program is currently in progress.

Further information is available by contacting the Centre. The AWRC is located at 10 Main St., Suite 204, Antigonish, NS. The Centre is open Monday through Friday, 9 a.m. to 5 p.m. Women are welcome to visit the centre at any time to get the most out of the services and programs offered. To register for all programs please call 461-6101.

2004-2005

Resource Center launches Overcoming Resistance program

Resource Centre responds to women's concerns

The Antigonish Women's Resource Centre (AWRC) has responded to the concerns of women in the community by launching a new program called "Overcoming Resistance". The program is designed to help women overcome the barriers that prevent them from achieving their goals and dreams.

The program is a 16-week course that focuses on building self-esteem, communication skills, and problem-solving abilities. It also provides women with the opportunity to learn about their own strengths and weaknesses, and to develop a plan for achieving their goals.

The program is open to all women, regardless of their age or background. It is a free program, and women are encouraged to bring a friend or family member to the sessions.

The program is currently in progress, and women are encouraged to register for the next session. For more information, contact the AWRC at 10 Main St., Suite 204, Antigonish, NS. The Centre is open Monday through Friday, 9 a.m. to 5 p.m. Women are welcome to visit the centre at any time to get the most out of the services and programs offered. To register for all programs please call 461-6101.

Students benefit from rural youth project

Students attending Chatham-Kent District High School in Chatham-Kent, Ontario, are benefiting from a rural youth project called "Rural Youth Project". The project is designed to help rural youth overcome the barriers that prevent them from achieving their goals and dreams.

The project is a 16-week course that focuses on building self-esteem, communication skills, and problem-solving abilities. It also provides youth with the opportunity to learn about their own strengths and weaknesses, and to develop a plan for achieving their goals.

The project is open to all rural youth, regardless of their age or background. It is a free program, and youth are encouraged to bring a friend or family member to the sessions.

The project is currently in progress, and youth are encouraged to register for the next session. For more information, contact the Rural Youth Project at 10 Main St., Suite 204, Antigonish, NS. The Centre is open Monday through Friday, 9 a.m. to 5 p.m. Youth are welcome to visit the centre at any time to get the most out of the services and programs offered. To register for all programs please call 461-6101.

International Women's Day celebrated



Antigonish Women's Resource Centre (AWRC) celebrated International Women's Day (IWD) on March 8th. The celebration was held at the AWRC and featured a variety of activities, including a presentation of a cheque to the AWRC, a presentation of a cheque to the AWRC, and a presentation of a cheque to the AWRC.



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Sexuality booklet still on school board agenda

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Fraser House fundraiser to benefit Antigonish Women's Resource Centre

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