

The main objectives of the Antigonish Women's Association are:

- to establish and maintain a Women's Resource Centre
- to develop a detailed action plan for achieving financial self-sufficiency for the Women's Resource Centre
- to develop a network of women throughout Antigonish Town and County
- to promote increased understanding of women's issues among women and the general public in the form of advocacy and information
- to sponsor programs dealing with specific areas of interest to women
- to publish a women's Newsletter dealing with issues that face women today
- to provide a forum for mutual support and learning among women

The Antigonish Women's Resource Centre offers the following to its membership:

- A Women's Resource Centre which offers;
  - written material
  - resource people and organization information
  - workshops
  - speakers
  - discussions
  - support groups
  - space to meet
  - study sessions
  - films
- A quarterly newsletter
- A monthly calendar of events relevant to women
- Social events such as pot-lucks with international women at Coady, picnics etc.
- Meetings with political candidates
- organized sports

#### AFFILIATION

- Women's Health Education Network, Truro, N.S.
- Canadian Congress on Learning Opportunities For Women, Halifax Branch, N.S.
- Canadian Research Institute for the Advancement of Women, Halifax, N.S.
- National Action Committee for the Status of Women, Toronto, Ont.
- Naomi Society, Antigonish, N.S.
- C.E.I.C. Local Advisory Council for Canadian Job Strategy, Antigonish, N.S.
- Deveric
- Oxfam Canada
- Canadian Catholic Organization for Development and Peace
- Department of Social Services Monitoring Committee, Antigonish

The main objectives of the Antigonish Women's Association have been outlined above. The objectives of this project are intended to assist in the achievement of these overall objectives, but may be described more particularly as follows:

Each of these objectives has activities proposed to achieve the objectives. (some activities, as noted, work toward several of the objectives) Each of the activities is the core of a work planning process that outlines in detail time and resource requirements and quantifies objectives. As well, there may be other activities not using resources enumerated for this project. (e.g. Annual Coady Women - A.W.A. picnic, newsletter, etc.)

---

1. TO INCREASE AWARENESS AND UNDERSTANDING OF WOMEN AND ISSUES RELEVANT TO WOMEN AND THE GENERAL PUBLIC OF ANTIGONISH TOWN AND COUNTY.

1. (a) Organize a series of workshops on Social Issues in the 80's. A concluding session will be held to develop strategies and plan follow-up activities. The following topics will be covered: Women and the Law

- Women living in Rural Areas
- Women and Culture
- Women and Love
- Women and Religion
- Women and Business
- Women and Addiction

(b) Organizing at least two on-going discussion groups. One will be informational in content, the other will be organized as a support group. The following topics will be considered: Women and the Family

- Women and Alcoholism
- Women and Housework
- Women and Literature
- Women and Ageing
- Single Mothers
- Parents of Teenage Girls
- Women Alone

At least four films will be shown on topics of interest to women. A discussion period led by a facilitator will be an aspect of the program.

(c) To organize at least one event using the special knowledge, resources and interests of women students from the third world at the Coady Institute, in conjunction with Coady staff.

---

2. TO CONTINUE RESEARCH AND ADVOCACY WITH OTHER COMMUNITY GROUPS TO IMPROVE THE SITUATION OF WOMEN IN THE COUNTY WITH REGARD TO: (a) PORNOGRAPHY, (b) BATTERING, (c) EQUAL ACCESS TO SOCIAL/COMMUNITY SERVICES, (d) CANADA PENSION CONTRIBUTIONS.

2. Continue and expand advocacy on behalf of women through:
- (a) Continuing to work with other organizations on pornography (research and lobbying)
  - (b) Assisting local organizations and provincial campaigns to help victims of battering
  - (c) Lobbying for equal access for women to social and community services
  - (d) Raising consciousness about lobbying for improved access for women to Canada Pension
  - (e) Participation in local Advisory Council for Job Strategy
  - (f) Responding to issues of importance to women with petitions, etc. (such as Senior Citizens de-indexation of pensions, Mayhew petition, Bill C - 70)

7. TO WORK WITH THE EXTENSION DEPARTMENT OF ST. F. X. UNIVERSITY TO ENSURE AFFORDABLE, ACCESSIBLE HOUSING FOR SINGLE PARENTS IN THE COMMUNITY.

---

METHODS

Each activity has its own workplan, including an outline of responsibilities, resources required, timeline, indicators of successful achievement, et. These are combined and summarized below:

- 20 hours a week
- (a) Maintain a physical location accessible to women and open at least
  - (b) identify resource people for various programs.
  - (c) liaze with other community organizations
  - (d) Publicize programs with appropriate audiences
  - (e) Secure resources
  - (f) Plan and implement programs
  - (g) Maintain knowledge of/access to human, AV and Print resources....  
skills available locally and provincially
  - (h) Manage physical and human resources effectively.

TIMETABLE

The Women's Resource Centre is an on-going institution in Antigonish. The Centre will continue to work towards self-sufficiency and permanence, by working more closely on programs with other groups during the period of this grant in order to increase our profile and credibility, as well as gaining substantial in-kind support.

RESOURCES

- (a) Physical space
- (b) Salaries for 1 Full Time Co-ordinator
- (c) Funds for Casual Staffing as Needed
- (d) Volunteer Hours (skilled and un-skilled)
- (e) Resource People
- (f) Space for Workshops
- (g) AV equipment and resource materials
- (h) Printed resources
- (i) Transportation
- (j) Printing and Office supplies
- (k) Advertising

3. TO MAINTAIN THE CAPACITY TO CO-ORDINATE THE WOMEN'S ACTIVITIES, ATTRACT NEW SUPPORTERS AND FACILITATE INFORMATION EXCHANGE.

3. (a) Maintain a capacity to co-ordinate women's activities, attract new supporters, provide information and facilitate exchange of information among women by maintaining a centre at a suitable location open 20 hours a week at times accessible to town and county women, those in paid employment and those who are not.

(b) Maintain and update a library of print resources, AV catalogues, people and organizational resources.

---

4. TO OFFER SUPPORT AND ASSISTANCE TO INDIVIDUAL WOMEN IN NEED.

4. (a) Assist individual women in need by personal interviews, referral and support. In order to accomplish this, a network of support and communication for women will be developed. Particular emphasis will be placed on women needing personal support.

---

5. TO INCREASE SUPPORT FOR THE WOMEN'S RESOURCE CENTRE AND THE ANTIGONISH WOMEN'S ASSOCIATION AS VALUABLE RESOURCES TO THE COMMUNITY.

5. Increase support for the Women's Resource Centre and the Antigonish Women's Association by:

- (a) Co-sponsoring events and activities as appropriate.
  - (b) Supporting campus/church/ and other community organizations initiating programs on women's issues as they arise. (e.g. during the past year...pornography brief, women in the church, legal aid advocacy, health issues workshops, rural women's conference, local Advisory Council on Job Strategy, Naomi Society, Speakers at University)
  - (c) Assist with publicity, activation of the Antigonish Women's Association telephone tree, and facilitation of pooled transportation, the broadcasting of information about events, both local and provincial, of interest to women.
  - (d) Assist in organizing daycare to facilitate women's participation in events of interest to women. (e.g. approach Chamber of Commerce and Merchants to help finance daycare for women while they shop)
  - (e) Increasing the financial independence of the Centre by implementing activities outlined in Appendix 1, item 5 in last year's application.
  - (f) Attracting Coady groups, native groups, etc., by special publicity and through a liaison person. (i.e. Board Member)
  - (g) We would like to develop programs for women who do not use the centre by direct contact.
- 

6. TO CONTINUE TO WORK WITH THE STUDENT BODY OF ST. F. X. UNIVERSITY TO RAISE THE AWARENESS OF WOMEN'S ISSUES WITHIN THE STUDENT BODY.

- (a) An annual awareness day will be held on Campus.
- (b) Workshops on topics of interest will be held.

The areas of concern/interest facing women are numerous but here are a few examples of what the AWA may deal with:

- (1) EDUCATIONAL: legal issues (wills, insurance, pension, taxes, property and family law, social assistance), budgeting, investment opportunities, assertiveness training, avenues for continuing education, job application and resume writing skills
- (2) HEALTH: diet and nutrition, physical fitness, coping with stress, drug and alcohol abuse, aging, child development, handling teens, caring for the sick at home, dealing with a disability, yearly physical exams for women, first aid
- (3) RECREATIONAL: crafts, fitness, sports, plants and gardens, cooking

The AWA will draw upon the professional people in the community, Provincial and Federal government resources, volunteer organizations, and most importantly, upon the women in the area. We need your INPUT. Our main goal is to provide support for women. In order that the AWA have a broad base, women of all ages, needs and interests must become involved. As a member of the Antigonish Women's Association, you are now a vital part of the organization. Our mandate is to respond to our membership. To be truly representative we need your voice. As a member you have a say in our programs and our philosophy. Please exercise this right. Thank you.