



Annual General Report  
April 1, 2020 – March 31, 2021



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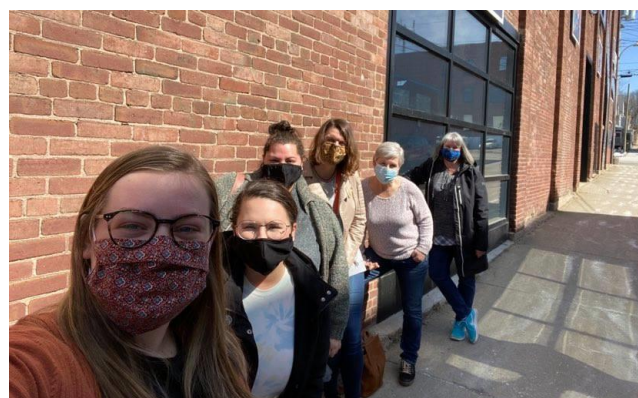
## Mandate and Vision

*Pictou County Women's Resource and Sexual Assault Centre (PCWRSAC)* offers support and advocacy to individual women and unites women, community and government to achieve equality.

As feminists we are committed to justice and equality for all people. Ultimately this means liberation of women from oppression and an

affirmation of the right of all women to dignity and autonomy. We support the struggles of all women to live in loving, non-exploitative relationships free from violence. We believe in freedom of choice and see women as experts in their own lives.

Our vision is a world of justice, equality and peace for all people. We see an end to sexism, racism, poverty, classism, ageism, and all other forms of oppression. We see a society where there is self-determination, both individually and collectively.



*"Feminism is the radical notion that women are human beings."*

-Cheris Kramarae

## A Message from the Board Chair

Another remarkable year has brought challenge and growth to the Pictou County Women's Resource and Sexual Assault Centre. The events of this year have further exposed inequalities built into society such as sexism, systemic racism, poverty, mental health, among others. PCWRSAC continues to work to tear down these inequalities through direct support to women and advocating for change in society.

The staff of the PCWRSAC have shown resiliency and continued commitment to their work. Their dedication shines through their actions every day and is a testament to the strength women have when we stand together. On behalf of the Board of Directors, I would like to extend our deepest gratitude to the staff and Executive Director for their continued efforts. Your work in the face of adversity is an inspiration and an invaluable service to our community.



The services and advocacy provided by the PCWRSAC would not be possible without the support from the community and our funders. Thank you to our funders, and those who provided additional grants and individual donations. The services and programs made possible by your support help to build a stronger, better community. Thank you for marching with us towards equality.

Finally, as Board Chair, I would like to extend my appreciation to my fellow board members. Thank you for volunteering your time to this organization and for bringing your passion into the work that you do. Special thanks for our board members who are leaving us this year, Kate Gratto, Jillian Hennick and Isha Sharma. We wish them all the best and look forward to working with a new group of feminists.

With the ongoing support from our funders, staff and board members, the PCWRSAC will continue to work to improve the lives of women and girls. Thank you once again for all that you do. We look forward to another year of serving and empowering the women of Pictou County.

In solidarity,  
Devon Greene  
Board Chair

*"We move forward when we recognize how resilient and striking women around us are"*

– Rupri Kaur

## A Message from the Executive Director

This year is like no other in our Women's Centre's history. Our deep roots, capacity to work together, and Covid-19 funding helped us adapt and respond during these unprecedented pandemic times.

The gendered impacts of Covid-19 are far from a fringe issue. Women are showing their resilience, adapting and caring making our world a better place for all.

Our work with women, by women about women, involves collaboration. This work is possible because of community, funders, board and our staff team. Thank you for all you do to support women and girls. We believe women are the experts in their own lives, and we are honoured to be a part of their journey.



Pictou County Women's Resource and Sexual Assault Centre (PCWRSAC) staff are here to listen, support and provide resources. As a Resource Centre, the reasons for accessing services are vast and often layered. For many, our open door provides a safe, non-judgmental space to receive support and be empowered.

Our Centre provides individual services and programs. These direct services raise awareness and are women-centred. Our work is made possible with core funding from Nova Scotia Advisory Council on the Status of Women, and additional grants from United Way of Pictou County, Women's Foundation of Canada, Aberdeen Health Foundation, Federal Student grant and individual donors.

This year, we received extra Covid-19 relief funding allowing us to invest in our technical resources imperative to our pandemic work. Our Centre continues to face increasing costs; concerns which we have led to us creating a puffer deferring some fundraising for this current year's budget. We have advocated for a cost-of-living increase with the support of our local MLAs to sustain our work in the community.

Covid-19 exposes inequality for the whole world to see, for example, the need for fair pay including the whole gambit of essential workers from grocery stores to doctors. Women are especially vulnerable to long-standing gender pay gaps.

No longer can we live in a society that turns its head, closes its eyes to such inequalities. Sexism, femicide, systemic racism, gender-based violence, poverty, housing crisis, mental health and addictions tell us to choose to challenge and be change agents.

COVID-19 disproportionately impacts women, their care and emotional labours multiply. Shelter in place directive increase safety concerns for one in six women living with domestic violence. With many others facing layers of discrimination, including sexism, racism, poverty, mental health, and addictions, our supports are essential.



In general, women in Canada carry more unpaid housework and caregiving responsibilities than men. With lockdown comes increased responsibilities for unpaid caregiving needs. We see women sacrificing their incomes due to a lack of safe, quality, affordable childcare. We advocate at federal levels for funding for a national childcare program to remove barriers for all. Finance Minister Freeland, the first woman to hold the finance portfolio, tables a federal budget with a gendered lens and funding for national childcare solutions.

The vulnerabilities of Covid-19 have highlighted the need for equity and equality. Women's rights are at the forefront of our recovery. Women's contributions are essential to healthy homes, communities and societies. We need to pay close attention to having choices, rates of pay and basic livable incomes for all.

Early in the pandemic, PCWRSAC, Women's Centres Connect and Nova Scotia Advisory Council on the Status of Women, connected regularly to explore women's pandemic needs. Along with many community groups, our Centre advocates for an increased social assistance rate and join Pictou County Housing Collaboration, raising awareness of our local rural housing crisis.

Poverty affects individual, family and community well-being, including health outcomes. The Centre for Policy Alternative 2020 Report Card on Child and Family Poverty reveals Nova Scotia's child poverty rates have not improved; 24.7 percent of children in Pictou County live in poverty. We can decrease child poverty with a gender analysis and intervention.

Women continue to experience a gender pay gap, part-time and precarious employment was the first to be affected by lockdowns. Poverty itself is gendered, the vast majority of women do not have pension plans, health plans, and many live without basic livable incomes. Our board increases support team wages to levels of basic livable income recognizing this pay gap and the importance of addressing it. We were also able to find a competitive health benefit and offer health benefits for full-time staff. With temporary grant funds, we hired Alicia Paris and Anna Galvin to provide additional community support. We welcome Liz MacIntosh to our team, supporting us with her bookkeeping services.

In-person services are adapted to remote means until July 2, 2020, due to public health directives limiting in-person connection for the sake of public health. We reach out by phone, email, text and connect in new ways to let women know we are here to support. In September, we installed a video door bell, allowing us to resume drop-in services with Covid-19 protocols in place. Our open-door approach leads to early intervention; all women are welcome for our services from recreational, prevention to intervention and advocacy services.

On October 17, 2021, our towns and municipality recorded numbers of women running for elected office, leading to greater diversity among our municipalities. 33% of newly elected municipal representatives are women. Notably, the town of Pictou, Trenton and Westville now have gender-balanced Councils. Across the province, 38% of Municipal Councillors are women. Women make dynamic leaders bringing increased diversity and new perspectives. Thank you to all these women and elected officials for your leadership and support.

Not until we have an economic situation where we can fully participate will we be closer to equality. Covid-19 exposes the inequality pandemic within the pandemic. Many people are hurting due to lack of equality. There is no time like the present to change. We can no longer accept returning to a world where sexism is normal. Normal is not an OK option.

I am humbled to work with the PCWRSAC team who have provided services to **483 individuals offering over 1,555 services**. In addition, we have attended **234 meetings with our team and community over the course of the year**. Working together is key. Special thanks to all staff, funders, and board, past and present, for making it possible for our Centre to provide direct services and work towards social change every day. We couldn't do it without you!

I look forward to the year ahead and moving together towards our future.

Respectfully submitted,  
Shelley Curtis-Thompson, BA, RSW  
Executive Director



*"I raise up my voice—not so I can shout, but so that those without a voice can be heard...we cannot succeed when half of us are held back."*

-Malala Yousafzai

## Group Programs

Although the Covid-19 pandemic changed our approach in providing group programming, it did not stop us. *A total of 14 programs with 141 sessions were offered to 233 participants.*

Group programs offer a safe space for women to come together with gathering restrictions in place, our groups moved outside, on-line and off-site to larger venues. Over the course of the year, we strengthened our IT infrastructure, allowing us to reach participants in new ways.

With public safety in mind, we have created a weekly open group program called *Women Together: Nature Walks* involving fourteen (**14**) *participants* over the year. This group program, facilitated by our support worker, Megan Moore, offers women a safe and socially distanced way to stay connected during a time of increased social isolation. Women are able to stay active, practice self-care and engage in open conversations.



*One Women Together participant says; "The Nature Walk every week was something I really looked forward to. I was new to the community and needed to meet some new friends, and that was what happened when I joined up with the group each week. An added bonus was the exercise and the enjoyment of the great outdoors...both so beneficial."*

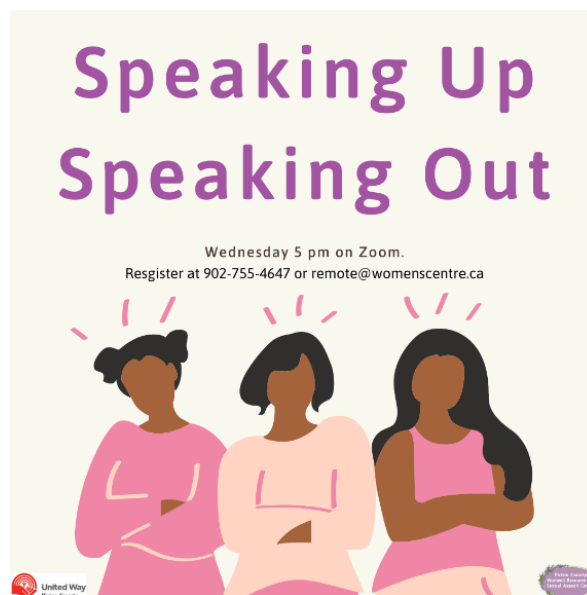
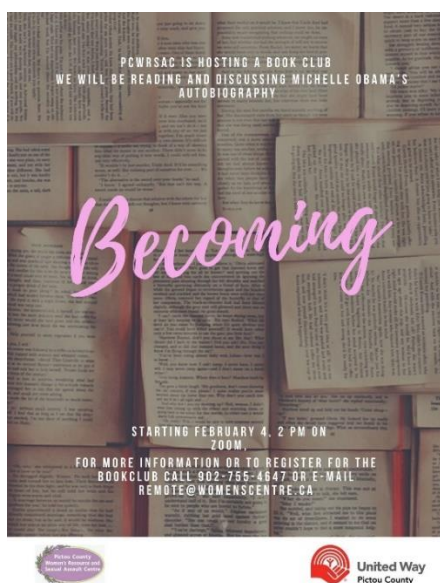


## Gathering Differently Creating Circles of Care

Empowered women empower women; the possibilities are endless with caring circles. With pandemic hazards and public health restrictions in mind, we hired term remote worker, Alicia Paris, to support our remote work and enhance our capacity to reach women differently.

***Eighty (80) individual remote sessions involving sixty-eight (68) individuals*** were offered using video, email, text and phone to connect. The reasons for these services ranged from community based mental health support to social inclusion to resources.

Remote programs included Grief, Self-Esteem, Speaking Up Speaking Out Assertiveness Program in memory of Doreen Paris, and Book Club. The book club allowed for women to gather and explore their experiences, empowerment, and resilience. These groups offer a unique opportunity for women to come together and engage in very rich and in-depth conversations. A total of ***four (4) programs, thirty-two (32) sessions with eight (8) women.***



## Mother and Daughter Joining Generations

PCWRSAC goal was to break down isolation and bring two (or three) generations together including mothers, grandmothers, aunties, daughters, nieces, granddaughters or similar multi-generational mentors to participate in an hour of mindfulness, gentle yoga, and relaxation with Anna Galvin's leadership. The yoga postures and mindfulness activities shared with the group were deliberately chosen to foster connection between the small groups and generate joy and relaxation, promoting mental health, positive body image, and co-regulation. The program

encouraged participants to share something with the special person they arrived with, fostering multi-generational connection, positive thinking, and gratitude.

Information about supports available at PCWRSAC was also shared at the start and end of each session, fostering connection to these resources

Participants were sought through social media and word of mouth advertising. Each week participants were screened as per COVID 19 protocol and due to high interest in the program, a waitlist was generated. ***Throughout the course of the eight (8) Saturdays, thirty-one (31) women and girls ranging in age from five (5) to sixty-one (61) participated.*** Some participants attended most of the sessions, and some only were able to attend one. Most attended in pairs, or “bubbles” of four. Some attended in groups of three.

A trauma-informed, body positive approach to yoga asana (physical posture practice) was incorporated as participants were guided through simple, basic postures. Focus was placed on the breath. Occasionally the young participants asked to be challenged and some more difficult shapes were offered for the young and the young at heart to giggle through.

Each session began and ended with focus on the breath and concluded with a brief meditation. Some of the meditations offered were variations of mindfulness practices found in the PCWRSAC MORPH (Mapping our Road to Power and Healing) curriculums. These meditations were edited at times to suit the young participants in the group.

Upon speaking with participants, each provided positive feedback and gratitude for the opportunity to try something together. Some participants reported incorporating breathing exercises with their daughters throughout the week and found it was helpful in grounding and in dealing with anxious/worried feelings. For some, yoga was a new opportunity.



## Finding Me

Finding Me started in 2018 and is offered to grade seven (7) girls. It is an eight (8) week program that allows girls a safe space to learn, grow, and inquire about topics connected to wellness, relationships, and sexual violence prevention. ***This fiscal year we have offered forty-six (46) sessions to five (5) different schools (Frank H, Thorburn, Trenton, Pictou Academy, West Pictou) including seventy-three (73) students.*** At the same time New Leaf facilitated a Changing Male Conversations covering the same topics for grade 7 boys. Topics included: Healthy Relationships and Sexuality, Consent and Sexualized Violence, Non-violent/power and privilege, Pornography and Expectations of Sex, Body Image and Self Esteem, Expectations of Femininity, Women's Health and Mental Health. These sessions provide a safe space for participants to learn and grow.

Finding Me participants:

- Were engaged
- Became more aware of community resources and supports
- Have a greater understanding of consent, cyber violence, pornography and exploitation
- Gained awareness about sexual violence and its impacts
- Have a greater understanding of power and privilege and LGBTQ+
- Have a greater understanding of women's health

Due to the pandemic, these sessions were all moved to virtual delivery, with three (3) schools previously involved opting out at this time.

Additionally, school based International Day of the Girl Celebrations were offered through New Glasgow Academy and West Pictou sharing Because I Am a Girl with 80 grade 7 students.



*"An educated girl has direction. She has hope. She will become a mentor to other girls. She will change the world."*

-The Join My Village Organization

## Girls Camp

Due to the pandemic, the Centre was not able to offer the annual summer camps in different communities in our area. Our Summer Student, Dominique Amit, developed a virtual camp to have on hand for future if we have the opportunity to offer a camp but the restrictions of the pandemic do not allow us to meet in person. Over this past fiscal year, the Centre was able to host a one-day March Break Camp for girls aged 9 – 12 at Ward One Community Centre. This camp had 6 participants who had the opportunity to learn about empowerment and positivity.

*Camps empower girls to strengthen their voices and grow into empowered women.*



*"I want every girl to know that her voice can change the world"*

-Malala

## MORPH – Mapping Our Road to Power and Healing

Sexual Violence directly impacts as many as one in three women and one in six men in their life time. This is unacceptable. Mapping Our Road to Power and Healing (MORPH) acts as a resource and leader in both sexual violence intervention and prevention within community and is administrated through PCWRSAC.

During the first months of the pandemic, survivors were focused on survival and not able to participate in group activities. MORPH shifted to programming for supporters of survivors as a way to grow survivor support. We re-offered survivor supports in a group setting when we were able to offer this in person, as we heard from survivors that it was important to them to meet in person for these groups.

This year, we were able to provide one-on-one counselling supports for survivors through funding from the Canadian Women's Foundation. We hired Janice Fraser and Anna Galvin to provide these supports. This has been very well received and gratitude has been expressed from participants. *106 people accessing our services received supports connected to sexual violence during this fiscal year.*

We have completed *thirty (30) sessions of group this fiscal year involving twenty-five (25) participants*. Group offers a unique opportunity to learn and grow through group experience. Groups are led with our MORPH Counsellors, Janice Fraser and Anna Galvin. Baillie MacDonald, MORPH navigator also co-facilitated our Ally Program for those supporting survivors.

MORPH group sessions included three (3) five (5) week Ally programs for supporters of survivors of sexual violence with sixteen (16) participants and two (2) programs for survivors involving a ten (10) week and the other five (5) week programs with a total of nine (9) participants (four (4) women and five (5) youth of all genders).

Our programs are adapted to suit the needs in our community, including service delivery with youth staying at the Bridges Program. Bridges is a Department of Community Services residential facility with beds for youth attempting to exit situations of sexual exploitation. This program provided the opportunity for youth to build additional coping skills and try something new, including yoga and meditation, building additional supportive relationships in the process.

Over the last year, sexual violence was identified by the PCWRSAC team as the primary issue bringing people to our services sixty-five (65) times. Thirty-three (33) of these times involved MORPH supports.

### **Morph navigator provided:**

- **85 navigation services related to sexual violence.**
- **43 MORPH in-person sessions with survivors.**
- **30 phone supports with survivors.**



- **609 online supports**

Due to the pandemic, we had to get creative and add new ways of connecting with survivors and with funding, we were able to add to our technology with video meetings via zoom and texting with our cell phone, in addition to messenger and email connections.

Future opportunities include programs for youth, men, women, survivors' families and all genders. If you are interested in learning more about services and programs offered, email Baillie MacDonald at [morph@womenscentre.ca](mailto:morph@womenscentre.ca)

The following is a list of our programs and public education sessions which can be adapted and modified as needed:

- Creative Healing for Youth Survivors of Sexual Trauma
- Finding Me School Based Program
- Ins and Outs of Consent
- Mindful Process Recovery Group for Sexual Trauma
- Moving Forward: Reconnecting and Reintegrating
- Sexual Exploitation/Human Trafficking
- Skill Building Program for Supporters of Survivors of Sexualized Violence
- Skill Building Support Group for Adult Women Survivors of Sexual Trauma
- Using Mindfulness to Cope – Male Survivors
- Using Mindfulness to Cope for Survivors of Sexual Abuse



*"You're not a victim for sharing your story. You are a survivor setting the world on fire with your truth. And you never know who needs your light, your warmth and raging courage."*

- Alex Elle

Program	Topic	Participant	#Sessions/Activities
4	<ul style="list-style-type: none"> <li>• Self-Esteem</li> <li>• Grief (2x's)</li> <li>• Speaking Up Speaking Assertiveness Program</li> <li>• Becoming Empowerment Book Group</li> </ul>	8	32 sessions co-facilitated with Centre Staff
1	Women Together Nature Walking Group	14	20 sessions
1	Mother Daughter Yoga Group	31 (ranging in age from 5 – 60)	8 sessions
3	MORPH Ally Group for supporters of survivors of sexual violence	16	15  *All programs related to sexual violence were supported by emergency funds with Canada Women's Foundation through their supports we were able to update equipment needed for these services (computers/programs etc.)
2	MORPH Mindfulness Survivors Programs	9 (4 women and 5 youth of all genders)	15 sessions co-facilitated
1	Finding Me- 8-week school-based prevention program	73 girls grades 7 girls 5 schools	46 sessions including wrap up sessions in the Spring

2	Girls Empowerment Camp & International Day of the Girl Celebration	6  80 books of Because I am a Girl shared with two schools – grade 7 students	4 days for Camp  One event for International Day of the Girl supported by United Way of Pictou County
<b>14 Programs</b>	<b>11 Topics</b>	<b>231 Participants</b>	<b>141 Sessions/Activities</b>

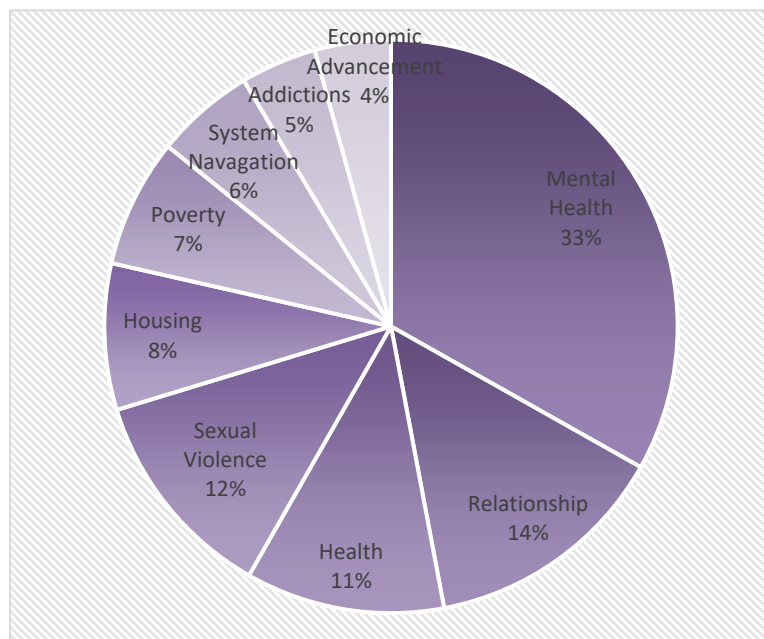


*“The success of every woman should be the inspiration to another. We should raise each other up. Make sure you’re very courageous: be strong, be extremely kind, and above all be humble.”*

– Serena Williams

## Direct Service

PCWRSAC services offer a social safety net for women. Due to the Covid-19 pandemic, we had to adapt and adjust our approach to direct service throughout the year. We received additional emergency funds from United Way of Pictou County and Canada Women's Foundation, allowing us to hire three term people in two roles. In addition, we receive ongoing funding from the Nova Scotia Advisory Council on Status of Women and a one-time grant wrapping up early this fiscal year from Aberdeen Health Foundation.



Due to restrictions, drop-in services were suspended for a portion of the year. When restrictions allowed, and with thorough screening, twenty-two (22) women dropped in without appointments to share and find out more about our Centre. Women can also drop-in to access resources and food supports, receive support with systems navigation, or borrow one of over 300 feminist-based texts from our Joanne Kohout Memorial Library.

Direct services offer women a safe environment to unpack concerns and work towards goals on a broad range of issues including poverty, relationships, violence, economic security, housing and much more.

Over the course of the year, ***one hundred-forty-six (146) new women accessed our individualized support services.*** Some women may have been seen briefly or over a longer period of time, depending on each individual needs and circumstance. Women reach out when they need and know we will be there to support them when needed.

Our Centre is known for our advocacy work. For many, advocacy means the difference between knowing where to go and what to ask and feeling isolated and trapped. Advocacy offers an opportunity to walk with a support person towards understanding services, rights and receiving answers. Our Centre provided ***thirty-seven (37) advocacy*** related sessions over the course of this year.

In addition, we have hosted virtual and remote events which have allowed women and girls to engage in important conversations. For International Day of the Girl, we provided 80 books to girls, with eight (8) girls from New Glasgow Academy submitting a piece of writing based on the book *Because I am a Girl*. For International Women’s Day, we held a virtual Facebook event in which we shared a video compiled of messages submitted by community partners, community members, staff and anyone who wanted to take the pledge and choose to challenge gender inequality. These were both meaningful days of social change work.

Total Individuals	Contacts for Services	Programs	Services
483	1,555	14	<ul style="list-style-type: none"> <li>• Advocacy</li> <li>• Information/Referral</li> <li>• Partnerships/Collaborations</li> <li>• Programs</li> <li>• Public Education</li> <li>• Support counselling</li> <li>• Systems Navigation</li> </ul>

#### Feedback:

“I wouldn’t be where I am today without the Women’s Centre. Bless you and thank you for all you do”

“Thank you for being an important part of our Herstory on giving 45 years of validation, education, resources and Support”

“Women’s Centre’s save lives, have saved my life, blessed and grateful for the women who come through here for classes. Just to know there is this space, to come as I am. It’s a space to look for equality and celebrate all our differences.”

“Happy you are there. Sad that you still need to be”

“Wonderful work! Thank you all!



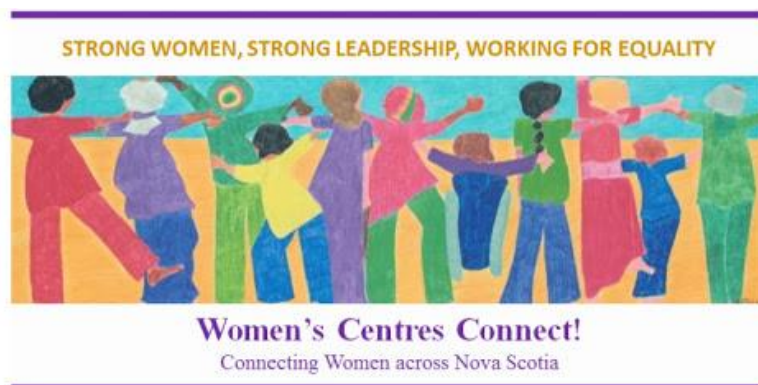
## Women's Centres Connect

Connect is our provincial association of Women's Centre's. Connect unites nine Women's Centres from across the province to offer a gendered analysis on policy and speak up about women's issues provincially. Our coordinator, Cora Cole, brought our table together 24 times through-out the year.

The support and strength of Connect is vital to our Centre's work. Our Executive Director serves as the Connect Treasurer and is a representative on their Communication Committee, Financial Committee and Personnel Committee.

Women's Centre's in Nova Scotia are multi-service organizations located in nine (9) communities across Nova Scotia. We provide direct services and programs for women and girls, work with our local service partners to respond to emerging issues, and work for change to create equity and equality for women, their families, and communities. Connect member Centres serve and respond to the issues of women and girls in our communities. Our activities are rooted in a feminist analysis informed by an intersectional, non-oppressive, and trauma informed approach.

For full, Connect Report refer <https://womenconnect.ca/> early July 2021



*"Women belong in all places decisions are being made."*

-Ruth Bader Ginsberg

## Social Change

Pictou County Women's Resource and Sexual Assault Centre works towards equity, equality and empowerment through direct service, community engagement and partnerships to address gaps in service.

Our social change work occurs in collaboration and the global pandemic heightened the necessity for collaboration and connection. Women working in service industry have become unemployed, while others have been double tasked with unpaid Labour and paid employment in their homes or on the front lines. With the whole world shifting, we have a new look into people's homes sometimes highlighting domestic violence and its dangers. We must continue to work together towards an end to violence in all its forms.

These collaborations involved 234 meetings over the course of the year; 234 opportunities to lift up the voices of women and call for action, including 11 engagements with MLA's and MP's.

Locally, PCWRSAC serves on the following committees:

- Aging Well Coalition
- Executive Director Round Table
- Mental Health Roundtable Adhoc Committee
- Pictou County Chapter of Silent Witness Nova Scotia
- Pictou County Housing Coalition
- Pictou County Interagency on Family Violence
- Pictou County Partners
- Pictou County Sexual Assault Response Team
- Pictou County Social Workers
- Sexual Health

Provincially, PCWRSAC serves on the following organizations:

- CONNECT Women Centre's of Nova Scotia
- CSEP (new member)
- TESS (new member)

*"Until all of us have made it, none of us have made it."*

-Rosemary Brown

## Public Education

Continual learning during these shifting times offered critical information and connections.

### PCWRSAC offered:

- 10 sessions of MORPH for Allies
- Centre Information Session Adult Mental Health Team
- Centre Information Session with Bridges
- Centre Information Session with Children and Youth Mental Health Team
- Centre Information Session with Kid's First
- Pandemic and Women to NSCC
- Resilience with Women in Recovery
- Sexual Exploitation/Human Trafficking Social Worker Group

### PCWRSAC participated in:

- Black Lives Matter
- Chamber of Commerce
- CTRI training
- Cultural competency
- Domestic Violence
- Equal Voice and more
- HR responsibilities and Pandemic
- LGBTQ
- Mental health wellness
- Nova Scotia Community Sector Council
- Senior wellness
- Sessions with REMO
- Sexual Violence & Exploitation
- Social Work Ethics Group

## Virtual Celebrations

Take Back the Night

<https://www.facebook.com/288324954932004/videos/2956708887938430>

International Women's Day

<https://www.facebook.com/299612630056288/videos/259687032315930>

Strong Women's Song

<https://www.facebook.com/299612630056288/videos/767741764150416>

Sea Shanty

<https://www.facebook.com/299612630056288/videos/3710949642358846>

## Sea Shanty

The year was 1976  
Such a curious time  
Women gather  
Silence breaks  
Consciousness rose

The year was 1976  
Protector of life  
Tea pots rattle kitchen chatter  
Empowered women empower women  
Consciousness rose

The year was 1976  
Out of the kitchen  
Bold and beautiful  
Into the parlour and across the street  
Consciousness rose

The year was 1976  
Voices lift  
Feet march  
Doors knock doors slam doors open  
Consciousness rose

The year was 1976  
All for one  
One for all  
Change is coming  
Consciousness rose

The year was 1976  
Peace and freedom  
Hand in hand  
A movement is alive  
Consciousness rose

The year was 1976  
Women's Liberation  
Choices  
No more silence no more shame  
Consciousness rose

The year was 1976  
Daughters listen  
Truths are told  
Pain survival thriving  
Consciousness rose.

The year was 1976

Look at us now  
Global pandemics  
Secessions  
And consciousness rose

The year was 1976  
Computers turn to messenger  
Texting connecting  
Sea shanties  
And consciousness rose.

# EMPOWER US ALL

SUNG TO: BARRETT'S PRIVATEERS  
LYRICS BY: JILLIAN HENNICK

*"I am proud to be an elder from the exciting beginnings. So much personal growth. The early days of Consciousness Raising Groups, the Well Women's Clinics, the Childbirth Education Classes, the Sex Education in the local schools, Planned Parenthood, Peace and Justice, Recognition of Domestic Violence, Tearmann House (founded through the work of the Women's Centre).....There were many amazing, hardworking and enlightened women that I remember today with so much love, respect and gratitude!"*

- Madonna Mulrooney-Makhan



## Social Media

PCWRSAC uses social media as a tool to educate, engage and empower the community. Platforms used include Twitter, Instagram and Facebook. We aim to share posts daily, which may include information regarding topics like mental health, self-care, domestic and sexual violence, community resources, women empowerment, holiday/international day celebrations, and any updates regarding the Centre itself. We also use these platforms to gain interest in events and groups that we are developing or hosting.

Having our Remote Worker on staff has allowed us to further develop our reach on social media and expand to use Instagram. Sharing women's stories of hope, empowerment, resistance and resilience has helped to spread awareness and initiate important conversation within the community.

Below you will find the numbers from our Facebook page, which will give you an idea of how engagement has increased over the past year.

**Page likes:** 1,497 which has increased by 152 in the last year

**Page followers:** 1,480 which has increased by 158 in the past year

**Posts:** An average of 3 posts a day which have reached over 2000 people at times.

### **If you would like to visit our PCWRSAC and MORPH social media pages go to:**

Facebook: <https://www.facebook.com/pcwomenscentre/>.

Twitter: @PCWomensCentre

Instagram: PC Women's Centre

Website: [www.womenscentre.ca](http://www.womenscentre.ca)

General email for inquiries: [info@womenscentre.ca](mailto:info@womenscentre.ca)

MORPH (Mapping Our Road to Power and Healing):

Facebook: <https://www.facebook.com/MORPH-Pictou-County-288324954932004>

Website: <http://morphpictoucounty.ca/>

General email inquiries: [morph@womenscentre.ca](mailto:morph@womenscentre.ca)

## In the News

- [IWD: #MeToo brought the conversation about sexual violence into the light, but action still needed | Local | News | The Chronicle Herald](#)
- [https://pictouadvocate.com/2020/04/08/give-me-shelter/](#)
- [https://www.facebook.com/941Breeze/posts/10157651347910940](#)
- [https://womencentresconnect.activehosted.com/social/c81e728d9d4c2f636f067f89cc14862c.2](#)
- [https://womencentresconnect.activehosted.com/social/eccbc87e4b5ce2fe28308fd9f2a7baf3.3](#)
- [https://womencentresconnect.activehosted.com/social/a87ff679a2f3e71d9181a67b7542122c.4](#)
- [https://womencentresconnect.activehosted.com/social/e4da3b7fbbce2345d7772b0674a318d5.5](#)
- [https://womencentresconnect.activehosted.com/social/1679091c5a880faf6fb5e6087eb1b2dc.6](#)
- [https://womencentresconnect.activehosted.com/social/8f14e45fceeaa167a5a36dedd4bea2543.7](#)
- [https://womencentresconnect.activehosted.com/social/c9f0f895fb98ab9159f51fd0297e236d.8](#)



*"We need women at all levels, including the top, to change the dynamic, reshape the conversation, to make sure women's voices are heard and heeded, not overlooked and ignored."*

– Sheryl Sandberg

## Staff and Board of Directors

### PCWRSAC Staff Members:

Executive Director:

Shelley Curtis-Thompson

Support Workers:

Baillie MacDonald

Megan Moore

Krista Lynn Knoblauch (Former)

Bookkeeper:

Allison Avery (Former)

Liz MacIntosh

MORPH Counsellor:

Janice Fraser

Anna Galvin

Student Placement:

Leah Blackwood

Summer Student:

Dominique Amit

Grant Staff:

Alicia Paris

### Board of Directors:

Chair:

Devon Greene

Vice-Chair:

Jillian Hennick

Treasurer:

Jill (Davidson) Gratto

Secretary:

Kate Gratto

Executive Director:

Shelley Curtis-Thompson

Directors:

Tonya Francis

Isha Sharma

Makayla Morrell

Dr. Amy Punké



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Aberdeen Health Foundation

Canadian Women's Foundation

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Nova Scotia Advisory Council on the Status of Women

Nova Scotia Department of Community Services

United Way of Pictou County



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Andy Thompson

Canada Helps

Dawn Peters

Della Curtis

Denise Lynch of Martin Ceramic

Donald Mingo

Gordon and Bev Sutherland

Independent Facebook Fundraisers

Isabel Bonvie

James Fraser

Jan's Pet Connection

Jane Fraser

Jim McKenna

Kinette Club

MacLeod Lorway

Marsha Hayman, Connie Morris and Carol Holt

Nicole Boutilier

Pictou County Centre for Sexual Health

Pictou County Islamic Centre

Rachael Robitaille

Rotary Club of Pictou

Royal Bank RBC

Scotiabank

Sean Fraser

Stellarton RCMP

United Commercial Travellers

Special thanks to all individuals who have shared their talents and energy with us throughout the year.

All individual donors no contribution is too small, and all are appreciated and help us do all we do! Thank you!



*"Each time a woman stands up for herself. She stands up for all women"*

-Maya Angelou