



Annual General Report  
April 1, 2021 – March 31, 2022



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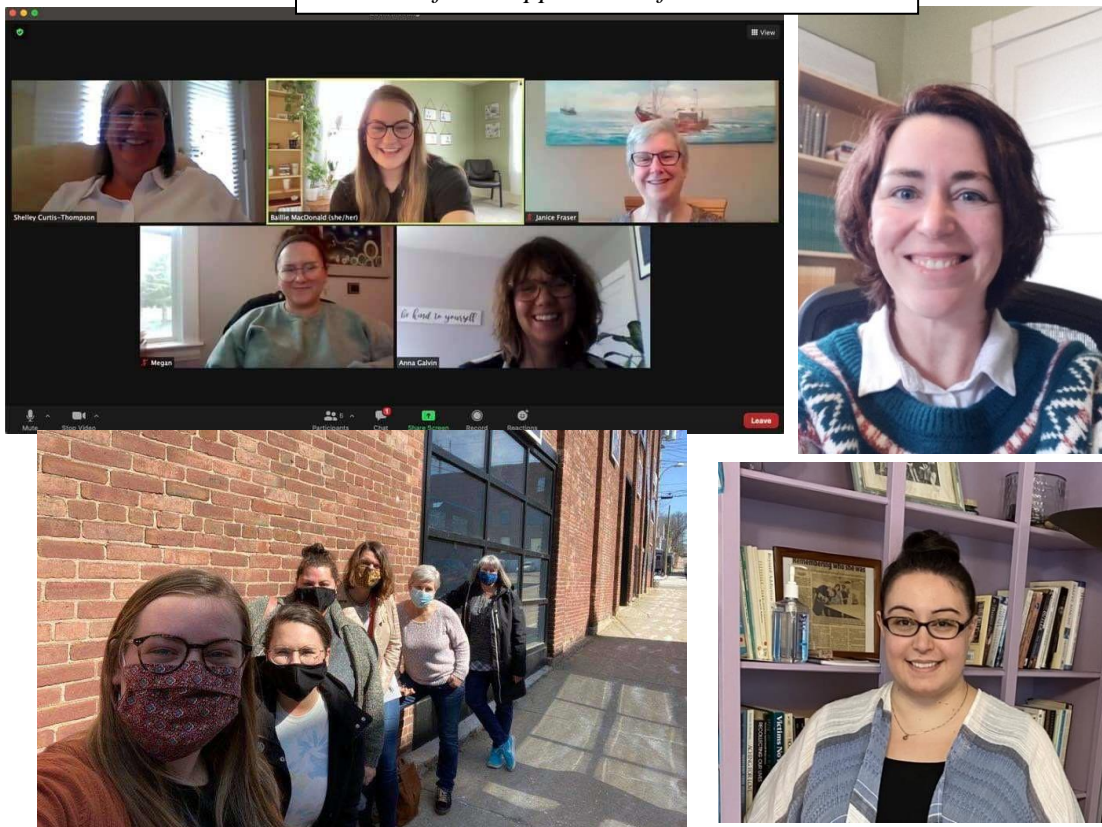
## Mandate and Vision

Pictou County Women's Resource and Sexual Assault Centre (PCWRSAC) offers support and advocacy to individual women, unites women, community and government to achieve equality. As feminists we commit to justice and equality for all people.

This means freedom from oppression and affirms women's rights to dignity and autonomy. We are here to support all women. 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 misogyny, racism, poverty, classism, ageism, and all other forms of oppression. We see a society where there is self-determination, both individually and collectively.

*Pictures of our support team from 2021-2022*



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

-Cheris Kramarae

## A Message from the Board Chair

Another year has brought us closer together in the spirit of equality at The Pictou County Women's Resource and Sexual Assault Centre. This year, the Board engaged in Fundamentals of Board Governance Training through the Department of Community Services. We also reviewed our Board Policy to strengthen our work addressing women's rights and services. We look forward to continuing this review into next year along with the implementation of our Strategic Plan to improve communication, programing and evaluation at PCWRSAC.



On behalf of the Board, I would like to extend our deepest gratitude to our funders and to the businesses and community members who have provided grants and donations that make this work possible. Your ongoing support is greatly appreciated and helps PCWRSAC move toward positive change for the women of Pictou County. This work would not be possible without your support.

It has been a pleasure and an honour to serve on the Board of Directors. I would like to extend special thanks to our Board members who are leaving us this year, Jill Gratto and Natasha Schigas. Best wishes to you in your future endeavours. As it is also my last year serving as Board Chair, I would like to thank all Board and staff members, past and present, for the opportunity to work alongside you. I look forward to watching you continue your work in serving our community.

Finally, I want to acknowledge the incredible work of our Executive Director and staff members. The work of the Pictou Country Women's Resource and Sexual Assault Centre is a true testament of teamwork, dedication and resiliency. It is a demonstration of what can be achieved when strong and passionate women come together in pursuit of social change, equality and supporting women of the community.

Regards,

**Devon**

Devon Greene

Chair

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

– Rupi Kaur

## A Message from the Executive Director

Pictou County Women's Resource and Sexual Assault Centre offers support to women, girls and survivors. Women working together, for women, about women leads to empowerment. Our team approach is collaborative, trauma informed and made possible because of community, teamwork, and funders. This year, we welcome Melissa Fanning and Emily Fiander to our team.



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. Our open door provides a safe, non-judgmental space to receive support services, navigate systems and promotes early intervention.

Our work includes direct services and promotes women's voices, rights and equality. Women face barriers. It is critical to raise awareness about women's rights and contributions. Our collective work and voices give hope for a gender equal future.

The pandemic does not affect people in the same way, our experience is far from equal. Sexism, racism, classism are forms of discrimination impacting our society and economy. Now more than ever, women are especially vulnerable to long-standing gender pay gaps. According to Statistics Canada (2022), as of 2021 the gender wage gap is a range of 0.54 – 0.89 for every dollar men make. Racialized women, Indigenous women and women living with disabilities experience the largest pay gaps. Just over 20% of women in Pictou County are low income. The wage gap is a key root cause of gendered and racialized poverty. Addressing this gap is critical to our social wellbeing and health.

As we move towards recovery from the pandemic, we celebrate the key contributions of the care economy as the backbone to our recovery. We continue to see women working, caring both at home and in the workforce. For 50 years, feminist have called for affordable, accessible childcare. This year, the federal and provincial governments begin work towards improved access to affordable childcare. We spoke on this matter to Minister Sean Fraser and Prime Minister Justin Trudeau. Every dollar in childcare support will strengthen our economy. Affordable childcare is essential to individual and community wellbeing.

We are active members of the Pictou County Housing Coalition and its subcommittees, completing research about the housing crisis here in Pictou County and advocating for a rural housing strategy. Housing is interdependent with other human rights, such as individual right to work, education, privacy and safety. Lack of housing is associated with poor health outcomes.

According to CMHC our rental vacancy rate in 2020 was 2.4%. The housing crisis contributes to lack of safety for victims of gender-based violence. With few affordable, safe housing options women stay longer in unsafe living conditions. Low vacancy rates and high rent prices have made it increasingly difficult for women to escape violence. As a result, women without safe housing, face, increased risks of violence, sexual assault and exploitation.



The first step to social change is awareness, our housing report raises awareness about the housing crisis and the unique harms women face as result of the gendered lens of poverty and harm. Together we need to find solutions and increase supports to address these risks. Agencies, including ours, government departments and leaders are working to address the housing crisis and it cannot happen fast enough especially for those without a safe place to call home.

Housing, economic security, mental health, physical health, sexual violence, social connections, support services are some of the issues that bring women through our doors. Covid-19 exposes the inequality pandemic within the pandemic. Women are hurting due to lack of equality. If we have inequality, we will have gender-based violence. The cost is too great not to change. Our future is not constrained by the past, it is built by what we do today. There is no time like the present to change. We can no longer accept returning to a world where sexism is normal. That norm is not an OK option. It is essential we have women leader's raising these concerns and seeking better outcomes. This year, more women are Ministers in our Provincial Government than any government before. Special thanks to Minister Karla MacFarlane for her heartfelt address on International Women's Day and beyond.

We are humbled to collaborate with women providing services to **623 participants involving 313 new people offering over 2,300 services including public education.** Women's strength, wisdom and resilience fills us with hope for our future. 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 could not do it without you!

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

Respectfully submitted,

**Shelley**

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

## Nomination Report

Thank you to our board of directors for their time, expertise and support over the last year. Our volunteer board members contribute approximately ten (10) hours per month supporting our governance and Centre's mission and mandate.

After an extensive search, on behalf of our Board of Directors, our nomination committee consisting of Maxine Mann, Natasha Schigas and Shelley Curtis-Thompson make the following recommendations for our future board.

### Nominations for our Executive Members are:

#### Maxine Mann

Maxine is nominated as our incoming Chair. Maxine joined us in 2021. She brings her experience in post-secondary education as a principal of NSCC Pictou Campus and in various Dean roles at Fleming College in Ontario. She also brings her experience as the former Clinical Outpatient Manager of NSHA and as a consultant and social worker. Her knowledge of Human Resources, management, strategic and operational planning, as well as her reputation as an innovative thinker, having excellent critical thinking skills and expertise in communicating, planning and prioritizing is an asset to our board.

#### Allison Avery

Allison is nominated as our incoming Treasurer. She is a current financial committee member and with her experience will be an asset in this role. She is a practicing lawyer with Patterson Law and brings an inside perspective of Pictou County Women's Resource and Sexual Assault Centre as a former employee and volunteer. Through her time with the Centre, she gained and strengthened many skills in financial systems, grant writing, advocacy and event planning specific to the needs of women in Pictou County. Allison's diligence, passion for the Centre's mandate, is an asset in her new role.

### Our incoming board member nominations are:

#### Megan Bragg

Megan's work with Mental Health and Addictions and now with Public Health focuses on building healthy communities. Her passion for community led to her work as a Municipal Councilor. Her work aligns with the social determinants of health and our work as a Centre. She brings a strong voice for wellness and women's rights. She has a keen awareness of government relationships, and we welcome her offer to volunteer with us.

#### Kyla Brouwer

Kyla believes in the work of our Centre and is interested in being a part of our future board work. As an incoming board member, she brings experience volunteering within a Sexual Assault Response Team in another area. She has strong strategic planning, policy development and specific experience in information technology security. She has a keen perspective and passion. We welcome her offer to volunteer with us.

#### Dawn Green

Dawn has worked with Department of Community Services as a Child and Youth Counsellor for fifteen (15) years, she has firsthand knowledge and understanding of work with survivors. She is aware of the

impact and importance of providing voice for survivors and advocating for others. She brings experience in strategic planning, policies and fiscal management. We welcome her offer to volunteer with us.

## Moirira MacDonalld

Moirá is committed to equality as essential component to our future. She is experienced in event planning, fundraising, public speaking and empowerment. She is a seasoned volunteer with experience fundraising. We welcome her offer to volunteer with us.

Special thanks to Devon Greene, Chair and Jill Davidson, Treasurer for their dedication and volunteer services as they complete their volunteer terms.

Devon has been a long-standing board member volunteering through Slut the Play including four acting roles and the lead, as well as performing in Vagina Monologues. She has served as a board member, Treasurer, Vice-Chair and Chair. With her leadership, we have continued to build on our strengths and grow. We wish her all the best as she completes her two terms with us. Thank you for your dedication and service.

Jill Davidson, Treasurer has completed her term with us, thank you for your support and volunteer service. With Jill's guidance and support, our Centre has established a capital investment savings to better support our financial health. Thank you for your dedication and service.

Natasha Schigas has completed her time with us, thank you for your support and volunteer services especially related to our nomination committee.

Thank you to all our board and volunteers for your work with our Centre. We could not do our work without your governance and leadership. We look forward to our ongoing work together supporting women and girls throughout Pictou County.





## Recreational Programs

Recreational programs provide a safe space for women to come together, breaking down isolation, building connection and supports that may lead to early intervention. Social connection is a key element to the social determinants of health. This year, we offered both Yoga in the Park, Women Together Nature Walks and Community Gardening.

Our Women Together Nature Walks featured four **(4) local trails** including The Jitney trail, Roy's Island, Samson trail, and Trenton Park. This group program, facilitated by our support team offers women a safe and socially distanced way to stay connected during a time of increased social isolation. This program provides physical activity, practices self-care and social connection. All important aspects to our wellbeing and health.

Yoga in the Park was an enormous success with women participating over their lunch hour during the sunny summer days. Yoga reminds us to be present, helps reduce stress and improves one's overall health. A full range of choices made these sessions work for beginners.

This year with a grant received for food security from the United Way of Pictou County we were able to purchase two **(2) garden plots** from the New Glasgow Community Garden. With TLC we were able to grow food that supported four **(4) women** with freshly grown vegetables.



*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. A bonus was the exercise and the enjoyment of the great outdoors...both so beneficial.”*

## Feminist Book Club

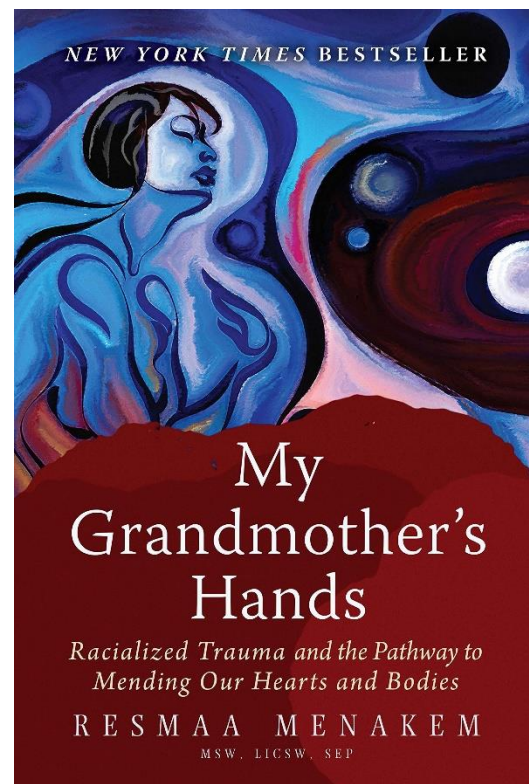
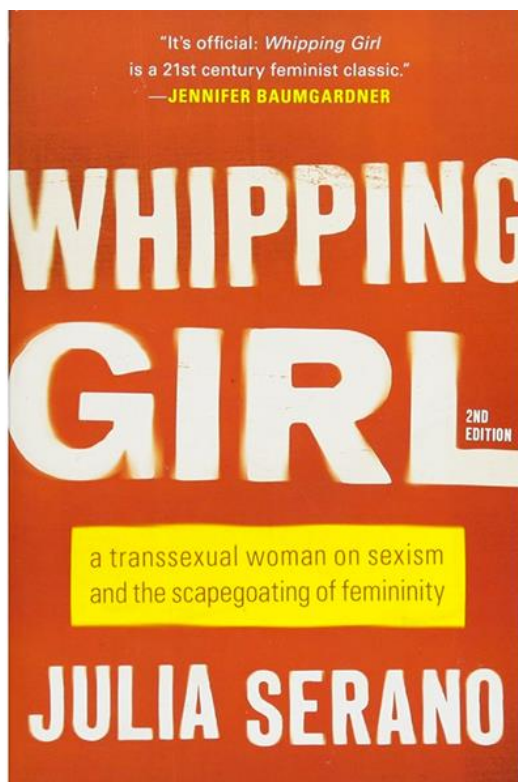
Our Feminist Book Club explored two books this year. Each of these books speak to trauma, awareness, healing and social change. Through these books we had the opportunity to partner with Joy Polley and Alicia Paris whose insights and guidance helped us on these journeys.

***The Whipping Girl*** by Julia Sereno tells one woman's story about sexism and the scapegoating of femininity. It explores and offers trans and gender theory honouring women as the experts in their lives. For more than a decade, this text referenced by gender studies offers increased awareness about trans women and their experiences, perspectives and needs. It references transfeminism as a movement by and for trans women who view their liberation as linked to the liberation of all women and beyond. And speaks to gender affirming care as lifesaving.

***My Grandmother's Hands*** explores racialized trauma and pathways to mending our hearts and bodies. The author, Resmaa Menakem speaks about the traumatic impact of racism on relationships, individuals and offers strategies and exercises for healing.

These book clubs allowed women to gather and explore their experiences, empowerment, and resilience. These groups offer a unique opportunity for women to come together and engage in rich and in-depth conversations.

A total of *two (2) programs over (10) sessions with eight (8) women.*



## MORPH – Mapping Our Road to Power and Healing

Imagine, a gender equal world. As long as there is inequality the conditions for sexualized violence and exploitation will exist. Sexual violence directly affects all members of society.

MORPH aims to support and empower survivors living in Pictou County by coordinating and providing services and helping them develop healthy coping tools to manage and reclaim control of their lives. We collaborate with community partners including PSART (Pictou Sexual Assault Response Team) to respond, offer awareness, public education events and work towards a coordinated response to sexual violence.

MORPH services offered through our Centre and supported through our funding partners. With funding from the Canadian Women's Foundation, our team received training in support and trauma supporting ongoing learning and our service delivery. Three members of our team completed trauma and support certificate program with the Crisis Response Training Institute. Training included sessions on trauma, vicarious trauma, debriefing and healing through resilience. With this grant we were able to expand our individual service delivery with additional sexual violence trauma informed support counselling.

United Way of Pictou County provides funding for group facilitation. Over the last year, we have completed ***thirty (30) sessions of group involving twenty-three (23) participants***. Group offers a unique opportunity to gain experience and grow through group experience. MORPH Counsellors, Janice Fraser, Anna Galvin and Melissa Fanning, MORPH support worker co-facilitated these programs.

Programs included:

1<sup>st</sup> Stage Mindfulness & Yoga Program

2<sup>nd</sup> Stage Survivor Program

Ally Program for Supporters of Survivors

Healthy Relationships and Boundaries Program for Sexually Exploited Youth

Public Education Sessions included:

Information session regarding MORPH

Responding to Disclosures

Human Trafficking and Sexual Exploitation.

Finding Me

***188 times, sexual violence was one of the reasons survivors accessed us for services in the last year.***

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

The following is a full list of our MORPH programs and public education opportunities. All



programs are adapted to meet needs of participants: We welcome and continually develop new material as we learn and grow.

Programs include:

- Creative Healing for Youth Survivors of Sexual Trauma
- Mindful Process Recovery Group for Sexual Trauma
- Moving Forward: Reconnecting and Reintegrating
- 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
- Public education including
- Sexual Exploitation/Human Trafficking
- Skill Building Program for Supporters of Survivors of Sexualized Violence
- Finding Me School Based Program
- Ins and Outs of Consent



*"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

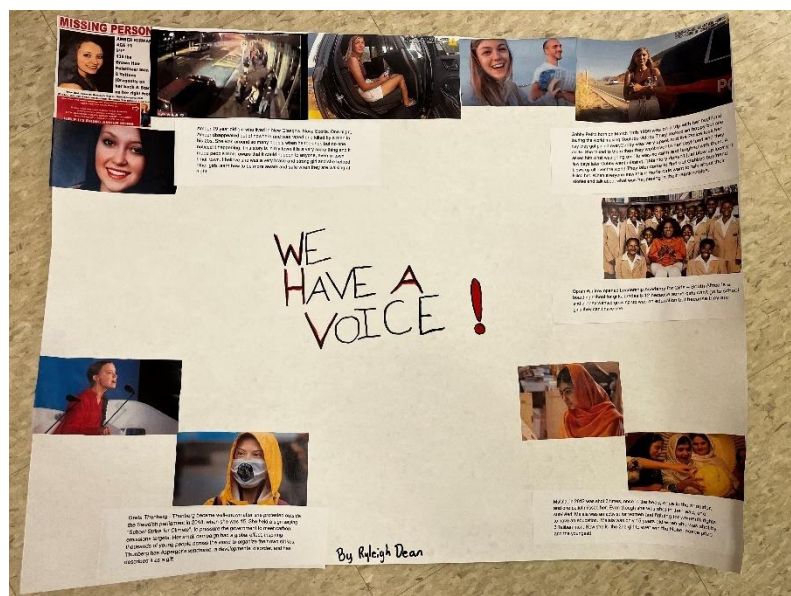
## School Outreach Programs

Finding Me, our school-based program 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. In the fall, we resumed in person programming, and we completed these sessions in the spring. These sessions paused due to changes in public health related school restrictions. By the end of this school year, **forty-seven (47) participants, six (6) classes from two schools located in Thorburn and New Glasgow** will complete Finding Me. 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
- gained awareness of LGBTQ+ and intersectionality
- have a greater understanding of women's health and rights.

New Glasgow Academy, Trenton, Pictou Landing First Nations and Thorburn participated in our International Day of the Girl. We shared Because I Am a Girl with eighty grade 7 students. To the right is one of the reflective pieces submitted by Ryleigh Dean, a grade 7 student at New Glasgow Academy.



*"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

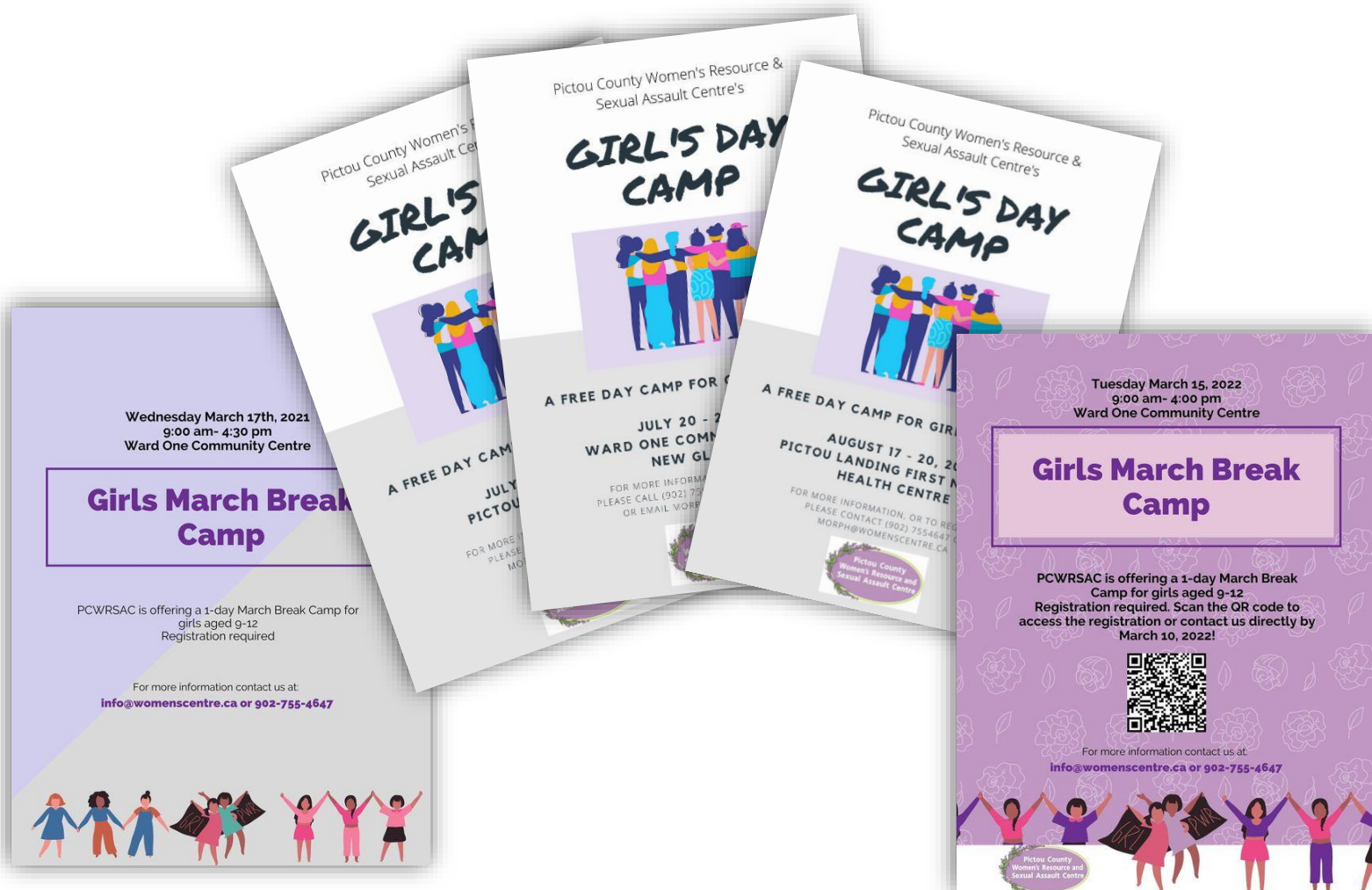


## Girls Empowerment Camp

This year we were able to hold our Girls Summer Camps in-person serving three (3) *communities* including New Glasgow, Pictou, and Pictou Landing First Nations. There was a total of (31) girls participating in the camps. These camps give girls a chance to socialize and have fun while learning about self-esteem and empowerment.


With food security grants these camps offered healthy snacks and lunches. Thank you, United Way of Pictou County, for your support!

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

Services	Participants	# Of contacts	Additional Information
Support Counselling and crisis intervention includes scheduled appointments and drop-in services	<ul style="list-style-type: none"> <li>• 424 Participants</li> <li>• 313 new people</li> <li>• Total of 623 participants in all services including 158 girls</li> </ul>	<ul style="list-style-type: none"> <li>• 327 support counselling services</li> <li>• 112 drop-in services</li> <li>• 9 programs including MORPH, walking, yoga, book club, gardening and girls' programs</li> </ul>	Open door, allows for multiple ways to access services including in person, by text, by video appointment, individual and in a program
Advocacy and Accompaniment	More than half of women accessing our services access system navigation supports	<ul style="list-style-type: none"> <li>• 655 navigation services</li> <li>• 83 advocacy sessions</li> </ul>	<p>655 system navigation, these services ensure that women accessing our services have information, referrals needed to help navigate the system and address their concerns and needs</p> <p>Our Centre participates in advocacy for individuals and at a social change level, focuses on inequality and women's rights.</p>
Programs	142 participants	<p>9 programs including:</p> <ul style="list-style-type: none"> <li>• MORPH</li> <li>• Walking</li> <li>• Yoga</li> <li>• Gardening</li> <li>• Girls' programs</li> </ul>	Empowerment, strength and resilience focused
Community Education	146 participants plus up to 7000 people through social media campaigns	<p>Social Media Campaigns.</p> <p><u>Workshops included:</u></p> <p>Human Trafficking Workshop</p> <p>Mental Health in the Workplace – Mental Health Round Table –.</p> <p>MORPH and Centre info sessions</p>	Our programs help increase awareness, empower women and work towards a gender equal world.
Community Development Initiatives	<p>Pictou County Housing Collation</p> <p>Supported the redevelopment of Provincial online Domestic Violence Training</p>	<p>Involves multi non-profits</p> <p>Focused on advocacy</p> <p>Research</p> <p>Sub-committee working towards housing solutions</p>	<p>Pictou County Housing Crisis Report and Info graphic</p> <p>Domestic Violence Training piloted and will occur in the fall</p> 
Total Participant <b>623</b>	Services Provided <b>2373</b>	Programs <b>9</b>	<p>Services: 7</p> <ol style="list-style-type: none"> <li>1. <i>advocacy</i></li> <li>2. <i>information/referral,</i></li> <li>3. <i>partnerships/collaborations</i></li> <li>4. <i>programs</i></li> <li>5. <i>public ed</i></li> <li>6. <i>support counselling</i></li> <li>7. <i>system navigation</i></li> </ol>

## Direct Service

Our services are women centered and trauma informed. Trauma informed is a woman centered approach recognizing the impacts of trauma on individuals.

The reasons women reach out vary. Their experiences are unique to them. Regardless of their needs and goals, we are here to support. A vast number of women have connected for support connected to mental wellness, trauma, wellbeing and support related to system navigation.

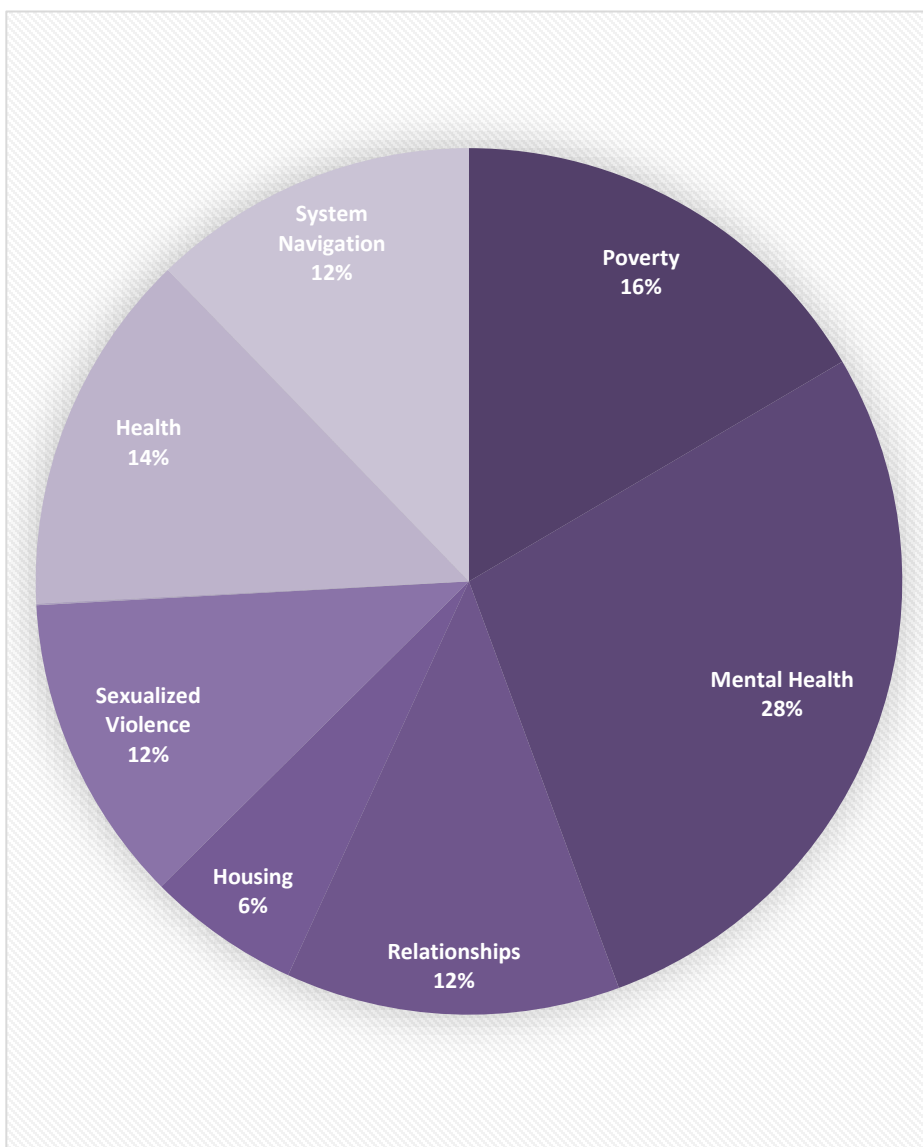
Non-profits are an essential social safety net, resulting in intervention and prevention. The services women receive may range from a cup of coffee and support to advocacy, to recreation, to programs on a broad range of issues.

What we notice in our work is sexism continues to affect women creating the conditions for poverty, violence, homelessness and more. Women are survivors, leaders, collaborators and valued members of our families, communities and workplaces. We are in awe of women's resilience, talents, care and commitment to social change and healing.

Through our interactions with women and girls we experience so much gratitude, hope and inspiration. Their stories of healing, survival and determination anchor us to continue to support and work towards equality.

The last few years have not been easy, our small and skilled team provide both in Centre services and outreach programs. The number of drop-ins are increasing, we encourage people to call ahead when they can to help guarantee support. Our drop-in services may be a quick stop to set up an appointment or a longer warm cup of coffee chat depending on staff availability.

Drop-in may include access to resources and food security support, or our library to borrow one of over three



hundred 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 wellness, economic security, housing and much more. Support services empower, support and acknowledge women, offering a space to make plans, develop skills and increase awareness, understanding and healing.

We simply want to say thank you to all the women, girls and organizations that trust us to be a part of their story and stand with us as we fight for a gender equal world.



*Meeting to discuss importance of creating a National Early Learning and Child Care System with Canada's Minister of Families, Children, and Social Development, the Hon. Ahmed Hussien, MLA Sean Fraser, and Prime Minister Justin Trudeau*

### **Feedback:**

“Very understanding, No judgement at all.”

“I don’t know what my life would have been without the sisterhood of the Women’s Centre”

“I love this place and all of you lovely ladies. My life is much richer for you. Thanks.”

“Sporting my denims today to combat victim blaming and showing support for those who have experienced sexual violence. Thanks to MORPH for the graphic and history on Denim Day.”

“It’s been an inspiring day celebrating.”

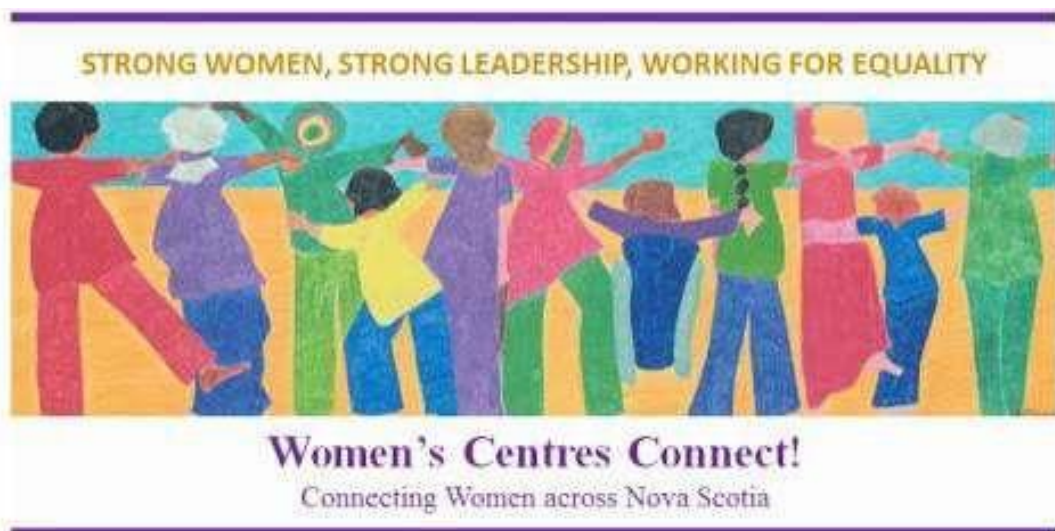
## Women's Centres Connect

Connect is our provincial association of Women's Centre's. Connect unites nine Women's Centre's from across the province to offer a gendered analysis on policy and speak up about women's issues provincially. With Cora Cole's leadership, we have completed a data dictionary about our work which will guide our statistical reports for each Centre.

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 Financial Committee and Personnel Committee. Fall 2022 we worked on a strategic plan to help guide our collective work.

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 Centers serve and respond to the issues of women and girls across rural Nova Scotia. Our activities are rooted in a feminist analysis informed by an intersectional, non-oppressive, and trauma informed approach.

Follow us on Facebook, Linked In and access full, Connect Report on their website <https://womenconnect.ca/> early July 2022.



*"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 with other non-profits, government departments and community members. We offer a gendered lens and analysis.

PCWRSAC has participated in **nine (9) formal local collaborative partnerships** and **four (4) provincial groups**. In addition, we collaborate internally including board meetings, board committees and staff meetings. Our team, attended **341 meetings**, ranging in length from one hour to full day.

Local committees include:

- 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
- Adhoc Sexual Health
- Adhoc Mental Health Working Group

Provincially, PCWRSAC serves on the following organizations:

- CONNECT Women Centre's of Nova Scotia
- Community Society to End Poverty
- TESS
- Adhoc interagency and department committee to develop online training related to Domestic Violence

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

-Rosemary Brown

## Public Education

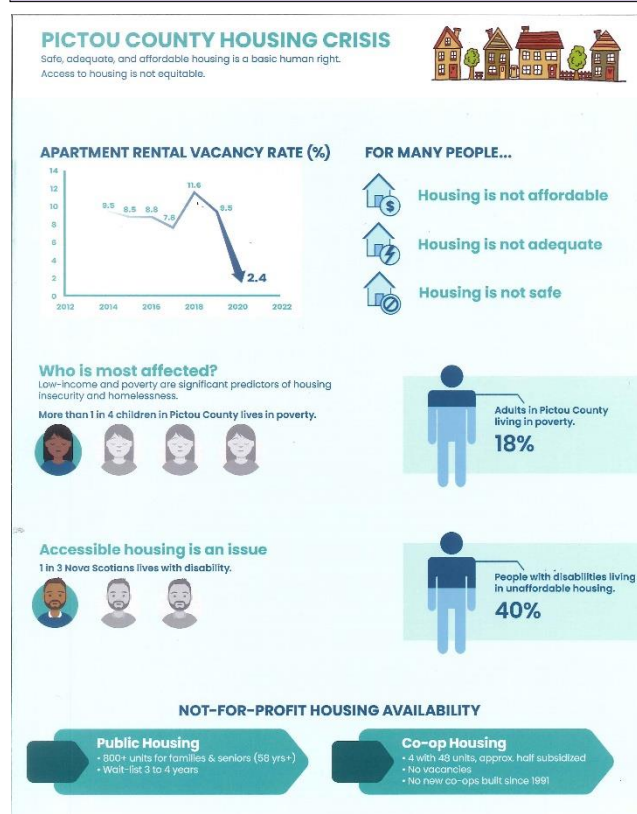
Continual learning during these shifting times offered critical information and connections and promotes growth and awareness.

PCWRSAC offered:

- **Human Trafficking Workshop**
- **Pictou County Housing Crisis Report/Infographic**
- **Mental Health in the Workplace – Mental Health Round Table** – guest speaker about trauma informed supervision.
- **New Glasgow Police Station** – Offered sessions on Sexual Violence, MORPH and PCWRSAC to their department
- **VON** – skill development sharing about system navigation and support services

PCWRSAC participated in training opportunities such as;

- Vicarious Trauma
- Trauma Informed Services
- Resilience and Healing
- Group Crisis Debriefing
- CSN now Impact Organization Nova Scotia
- Leadership
- Diversity
- TESS and Nstay training
- System Mapping regarding global housing related
- Governance Trauma
- Pictou County Quality of Life Report
- And more



## 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 and MORPH 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.

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:** 1,642

**Page followers:** 1,718

**Posts:** Daily posts which have reached thousands of people

### **Visit our PCWRSAC, and MORPH social media pages:**

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)

*"It's absolutely essential that media starts to reflect the reality of women's lives or we're not going to change the reality of women's lives."*

-Pat Mitchell



## In the News

- ❑ [IWD: #MeToo brought the conversation about sexual violence into the light, but action still needed | Local News | The Chronicle Herald](#)
- ❑ [Dear Nova Scotia Politicians by Women's Centres Connect: <https://womenconnect.ca/dear-nova-scotia-politicians/>](#)

# Women connecting through local walking group

By Christina Bailey

*Special to the Advocate*

Women have been gathering on a weekly basis to walk the trails throughout Pictou County.

Megan Moore, Program and Administrative Support Worker at Pictou County Women's Resource and Sexual Assault Centre, has been assembling women with Pictou Counties Women Together walking group.

The women's group meets every Friday at 12:30 p.m. but is stopping the walks for the remainder of the summer and picking it back up in autumn.

The inspiration for the walking group came from the social isolation induced by COVID-19.

"People were lonely, and they really needed to connect with other people in a safe and distanced way," said Moore. "We used to have a Women's Together group that would meet at the centre in person, but it's kind of a small space. We decided we still wanted to have a way for women to meet but in a safer distanced way, so we came up with a walking group."

The group specifically targets women because it's managed by Pictou County Women's Resource and Sexual Assault Centre, which is designed to serve women and girls through their programs.

The location of the walks is different every week.

"I wanted to try to be inclusive of all the different towns so that people that might not have transportation from say Pictou to New Glasgow can have a chance to join," said Moore. "After the last lockdown, we decided as a centre to have a set schedule for the month so then it is easier for people to plan it out and be aware of where it's going to be each week. I base that off the most popular trails that people seemed to enjoy when we do them."

Women of all ages attend the walks.

"We've had people who are in their 70s to 80s and we've had people in their 20s. We've also had people bring their kids along with them, toddlers, someone even had one of their infants with them and they just carried them with them for the walk, so the ages really range," said Moore.

The walks tend to last for an hour.

"We usually try and keep it to about an hour, but it also depends on where we're at. We do a walk at Roy Island sometimes, and one of the walks we had there was great, we sat at the end by the water to take it all in, had some great conversations with the women," said Moore. "It depends on the group too, because sometimes they want to stop and take in the nature, so from an hour to two hours sometimes."

Marion Timmons has been walking with the group since the beginning, joining the group when the gyms closed so she could continue her daily walking. She is one of the many members of the group that wears a step tracker.

Timmons saw the walking group as an opportunity to meet new people because she was new to the area at the time she joined.

"I have made some new friends and new connections in the community. It also introduced me to the various parks and trails within the town," said Timmons.

For more information on the group, email [pcwc@women-scentre.ca](mailto:pcwc@women-scentre.ca).

*"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:  
Emily Fiander

Melissa Fanning

Baillie MacDonald (former)

Megan Moore (former)

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Liz MacIntosh

Accountant:  
Brenda Parker CPA, CGA (Scotia Accounting)

MORPH Counsellor:  
Janice Fraser  
Anna Galvin

Summer Students:  
MacKenzie Muir  
Sarah Wynn-Baudoux

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Alicia Paris (contract)  
Joy Polley (contract)

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**Special thanks to Megan and Baillie for their dedication to our Centre. We wish them well with their new endeavors.**

## Special Thanks to the following Funding and Grant Partners:

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

-Maya Angelou