SECOND STORY WOMEN'S CENTRE

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy Canada Day Centre is Closed	*2*	*3* 7:00 Drumming	*4*	*5*
6	*7*	*8* 1:00 Stepping Out	*9*	*10* 10:00 Employ Solutions 7:00 Creating a Stronger 7:00 Drumming	*11*	*12*
13	*14* 4:30 Gather the Women	*15* 9:00 Cooking Program 1:00 Stepping Out	*16*	*17* 10:00 Back to Me 7:00 Creating a Stronger You 7:00 Drumming	*18*	*19*
20	*21*	*22* 1:00 Stepping Out	*23*	*24* 10:00 Employ Solutions 1:00 Outreach Employ Solutions 7:00 Creating a Stronger You 7:00 Drumming	*25*	*26*
27 2:00 Understory Author Reading	*28*	*29* 1:00 Stepping Out	*30*	*31* 10:00 Back to Me 7:00 Drumming 7:00 Creating a Stronger You		

Back to Me: A support group of women supporting women with life's challenges Thursday 10-12 pm

We all struggle with life's challenges and when we know we are not alone, the load can feel lighter. This facilitated group is open to any woman in need of support with issues common to women. The group will meet at the Family Support Centre in Bridgewater. Next dates July 17 & 31

Outreach at Employment Solutions Second Story Women's Centre will have an office at Employment Solutions on the 4th Thursday of every month, from 1-4 pm. Next Date: Thurs July 24

Stepping Out The group meets at Second Story Women's Centre every Tuesday (weather permitting) at 1 pm for a one-hour walk. Join the Stepping Out group for a friendly and supportive walk about Lunenburg. Facilitated by Marilyn & Linda Zinowki.

Cooking Program In this free program using pantry staples and basic fresh ingredients, you can join in to help chop, mix, stir and cook and then we'll enjoy the meal we created together. There will also be take away containers, so you can share the finished product with loved ones at home or pop it in the freezer for another day. No registration required—just stop by the Central United Church Hall on Lincoln Street in Lunenburg.
Next Program Tuesday July 15

Employment Solutions Society Talk to an employment resource worker about services, have your resume critiqued or chat about your employment needs. In Lunenburg 2nd and 4th Thursday of the month. Next Dates: July 10 & 24,10 am - 3 pm. Phone 543-2479 for more info. Appt is required

Good Vibrations: A Weekly Drumming Group for Women of all Ages

Thursday evenings from 7-8:30 pm

Drumming is proven to help reduce stress and anxiety, increase energy levels and mobility, form friendships, and provide a lot of fun!
Facilitated by Peg Widdes