

NEWSLETTER

from your local Women's Centre

FEATURED THIS MONTH:

- Operation September
- Walking Group
- Special Activity for OWLS
- Bus Passes / Vaccination
- Yoga
- Forest School
- Meals Program
- Prenatal Discussion Group
- Mommy Meet-Up
- Community Garden
- Parent Tap



"To plant a garden is to believe in tomorrow."
- Audrey Hepburn

THE SKY IS CLEARING UP

As the Quebec premier was saying recently, the clouds are slowly breaking up and we can realistically envision a summer that will allow some form of human contact! We've made it through more than an entire year of restrictive (but necessary) public health measures and we are looking forward to getting together! At the LDWC, for the first time, we will continue our activities and services to women and families of our community throughout the entire summer (ex.: nature walks, arts and crafts workshops, Yoga, Playgroup, Forest School, OWLS group meetings, Meals programs, etc.). Most of our programs will take place outside, in our garden or under a big tent shelter that will be installed beside our Community Garden on May 31st.

If you've walked by the D'Arcy Bennett Park recently (at the top of Charlotte st. in Lennoxville), you've probably noticed that our Garden is already alive and bustling with members playing in the dirt! Twenty-two women and their children have joined the Community Garden this year. Please feel free to stop by and say "Hi"!

While most of the LDWC team will be busy outside in the next few months, our office will be knee deep in backpacks and school supplies as we prepare the Operation September campaign with the help of summer student staff (see p.2 for more details).

We are also continuing to offer individual support either by phone or in person (by appointment) so don't hesitate to give us a call at 819-564-6626.

Make sure also to follow our [Facebook page](#) to be updated on new activities or feel free to phone at **819 564-6626** for info.



Our Shelter Building workshop on May 1st attracted 9 families with kids aged 4 to 10 years old. Our next "Forest School" activity will take place on May 22nd (details on p.3)

OPERATION SEPTEMBER PLAYS A CRUCIAL ROLE IN HELPING LOW-INCOME FAMILIES IN OUR COMMUNITY

The school year is not over yet but we are already getting ready for next fall... and we need your help!

Did you know that the LDWC established the **Operation September Campaign** in 2007? Thanks to **Centraide Estrie**, the **Tillotson Foundation** and donations from the community, every year we support more than 100 students throughout the Eastern Townships at a cost of approximately 115\$ per child! The campaign provides each participating student with school supplies and a backpack for the coming school year.

Which schools participate in the campaign?

Any English school under the ETSB can participate. The only exceptions are LES and GALT which are served by Operation Backpack, a separate local committee.

Would you or someone you know need support?

Families can register directly with the LDWC at **819 564-6626** or by email at **info@ldwc.ca**. The participating schools will also refer students.

If you wish to contribute to the Campaign, you can send a cheque to the Lennoxville and District Women's Centre at the address mentioned on the image above. Your support will be very appreciated and any amount helps! **Donations of 20\$ or more are tax receiptable.** For info: **819 564-6626** or by email at **info@ldwc.ca**.



WALKING GROUP

Starting Wednesday May 19th at 10 am

According to a meta-analysis published in the British Journal of Sports Medicine, outdoor walking groups have wide-ranging health benefits including **reducing blood pressure, body fat, total cholesterol** and risk of **depression**. Don't we all need to get outside and socialize a little while reaping these health benefits? Just put on a pair of comfortable shoes and join us every **Wednesday morning at 10** for a fun walk on various trails in the Lennoxville area. Our group will start on May 19th and we will respect social distancing measures. Please call or email to register: **819-564-6626** or **programs@ldwc.ca**.

SPECIAL ACTIVITY FOR OUR OUTSTANDING WISE LADIES

Tuesday May 18th at 1:30pm

A special invitation is being extended to all of our members of the **OWLS** group (Outstanding Wise Ladies Sharing) and any women of our community **aged 60 and over**.

Come make your own **beautiful planter of herbs and edible flowers** with Lucie and her team of helpers on **Tuesday May 18th at 1:30 pm**. All materials will be supplied by the LDWC. The activity will take place at the LDWC Community Garden and we will make sure to respect social distancing and other public health measures. **Info** and registration: **819-564-6626** or **programs@ldwc.ca**



DO YOU NEED HELP TO GET TO YOUR VACCINE APPOINTMENT?

We have FREE bus passes for you!

The LDWC, in partnership with the CDC Sherbrooke, is offering FREE bus passes to get you to your vaccination appointment and back. Just give us a call at 819-564-6626 or email at programs@ldwc.ca

You can book an appointment at www.clicsante.ca during these times:

- From May 7, 2021: 35 years of age and older,
- From May 10, 2021: 30 years of age and older,
- From May 12, 2021: 25 years of age and older,
- From May 14, 2021: 18 years of age and older.



YOGA: ONLINE AND THEN OUTSIDE

A new 6-week series beginning on May 10th and moving outside on May 31st

Our yoga classes will continue every Monday at 10 am beginning May 10th.

Online on Zoom: May 10th, 17th, 24th (FREE)

At the LDWC Gardens (under the tent): May 31st, June 7th and 14th (\$5/class).

Please register by clicking [HERE](#) or by phone or email: **819-564-6626** or programs@ldwc.ca.

"FOREST SCHOOL" AT THE LDWC

Another activity to enjoy with your kids aged 4 to 10

Bug Hunting

Saturday May 22nd, 10 am - noon

"Creepy crawlies" are all around us but often get a bad rep! Let's explore and see who we can find to give them the appreciation they deserve! Bring your rubber boots!

To sign up for this Forest School workshop: click [HERE](#) or contact us at **819-564-6626** or programs@ldwc.ca. **It will take place in the woods near our Community Garden at the top of Charlotte st., Lennoxville.**



SOPHIE MCCAFFERTY, OUR FOREST SCHOOL FACILITATOR

NEED A BIT OF SUPPORT?

MEALS FOR FAMILIES PROGRAM

We will offer frozen prepared meals to low-income families of our community during the summer of 2021

200-175 QUEEN ST. SHERBROOKE J1M 1K1
 819-564-6626
info@ldwc.ca www.ldwc.ca

OUR MEALS PROGRAM IS BACK

A little help for families in a challenging financial situation

In partnership with "La Grande Table" in Sherbrooke, this summer we will again be offering low-cost meals **every two weeks** to anglophone families from communities in the Eastern Townships.

We will have drop-off points in **Stanstead, Ayer's Cliff and Lennoxville** every two weeks **beginning June 4th**. These meals are frozen individual portions that you can heat up. There will be different menu choices each time when you place your order. All information will be emailed to participants between the Monday and the Wednesday, a week and a half before the delivery (ex. ordering before Wednesday 2 pm on May 19th for a delivery on Friday June 4th.) If you are interested in participating in this program, please register by clicking [here](#) or call **819-564-6626** or email us at info@ldwc.ca.

PRENATAL DISCUSSION GROUP

Our next Prenatal Discussion Group will begin on **June 3rd** and will take place every **Thursday at 6:30 pm** during 4 weeks.

By joining the Group, you will also benefit from one-on-one support. The first 3 meetings will be given ONLINE and the last meeting may take place in person, outside. For registration click [HERE](#) or contact us at **819-564-6626** or programs@dwc.ca

PLAYGROUP AND STROLLER WALKS

Learn, share, have fun and connect

Join our **Playgroup every Tuesday at 10 am** to meet other English-speaking mothers in the Townships with pre-school aged children aged 0-5.

Take a look at our upcoming workshops:

May 11th: Meet-up at Centennial Park

May 18th: Baby Massage (ONLINE workshop)

May 25th: Meet-up at the Centennial Park

June 1st: Meet-up at the Centennial Park

We will also hold our **"Stroller Walks" every Thursday at 1 pm** (Atto-Beaver Park)

Info and registration: **819-564-6626**, or programs@dwc.ca

LDWC COMMUNITY GARDEN

The season is off to a good start!

This spring, the LDWC Community Garden expanded its original plot and developed a straw-bale garden. We are delighted to see how much interest there is for the project this year with a full team of 22 women and many children participating.

We wish to thank our sponsors who helped make this year's season possible: **MP Marie-Claude Bibeau, Townshippers Foundation (TRCF) and Downey Tree & Farm & Nursery.**

Thank you also to Chris Hornibrook and Karen Allatt for the loan of the garden plot.



Hon. Marie-Claude Bibeau
DÉPUTÉE COMPTON • STANSTEAD M.P.
MINISTRE DE L'AGRICULTURE ET DE L'AGROALIMENTAIRE
MINISTER OF AGRICULTURE AND AGRI-FOOD

175, rue Queen, bureau 204
Sherbrooke (Québec) J1M 1K1
marie-claude.bibeau@parl.gc.ca

819 347-2598
www.mcbibeau.liberal.ca
f t i mclaudbibeau



DON'T MISS THE LAST WORKSHOP BEFORE THE SUMMER

Saturday, May 15th at 10am: Siblings

Meeting the many needs of children is challenging at the best of times. Throw in a year of cancelled plans and missed visits from loved ones and it can create the perfect storm. Tune in for some ideas around supporting the sibling relationship during these unique times.

Please register [HERE](#) or contact us at programs@dwc.ca We'll send you a zoom link to participate in the workshop.