

# NEWSLETTER

from your Women's Centre

## FEATURED THIS MONTH:

- Parent Tap
- Lighten Your Mental Load
- International Women's Day
- Journaling
- Yoga
- Lunch and Chat
- Mommy Meet-Up
- Book Club
- Community Garden

***"Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement." - Golda Meir***

# OH THAT MARCH SUN!

Finally the days are getting longer and the sun is noticeably stronger. Do you feel that energy returning? Are you thinking about starting seedlings for your garden? Enjoying some long walks or cross-country ski outings?

At the Lennoxville and District Women's Centre, we are already gearing up for spring and excited about preparing many activities for you. **Yoga, Mommy Meet-Up** and **Parent Tap** will continue after March break. Starting mid-March, you'll be invited to join **Journaling** workshops, lunchtime discussions about **gardening**, a workshop to help you reduce your **mental load** and a **Book Club**.

Hopefully we will be able to resume some of our in-person outdoor activities as soon as our region goes back to an orange zone designation.

Make sure to follow our Facebook page to be updated on new developments.



## International Women's Day (IWD)

This year, at the LDWC we will celebrate International Women's Day with the screening of a compelling documentary followed by a Zoom discussion on March 10th (see page 3). This will be a space for sharing our views of the challenges that women face here and around the world. The theme of this year's IWD, "Let's Listen to Women" will help us recognize and celebrate the social, economic, cultural and political achievements of women and raise awareness about the challenges they face.

How can we all be part of the solution to promote gender equality in our community? What actions can we take individually and collectively to eliminate violence against women and reduce the poverty that many women face in their lives?



## WHY JOIN PARENT TAP?

Interview with Charity Kerrigan, facilitator of the program

**LDWC:** Why is it important for moms to join a support group like "Parent Tap"?

**CK:** There is the famous quote that states "it takes a village to raise a child" and I feel that is very true. To be in a group with people sharing the same experiences as you and normalizing our experience as mothers can be so helpful.

**LDWC:** What kind of challenges are families facing at the moment?

**CK:** I think the uncertainty of the last year can cause a feeling of being untethered. Add to that being wholly responsible for small humans and it can feel overwhelming, we are in a constant state of longing for what was or the comfort of knowing what is to come, so coming together to share is more important than ever.



Parent Tap facilitator, Charity Kerrigan, with her family

**LDWC:** In your next discussion on March 13th, you will talk about building relationships with our children. Can you tell us more about what will be discussed?

**CK:** Building safe relationships with our children will be the most important thing we do in our lives with them. Using the Developmental Attachment Approach we learn to recognize and normalize children's responses and how to cause no harm with our own responses. (or how to fix it when we do).

**LDWC:** As a mom of 3 boys yourself, what would you like to tell moms who are struggling through this pandemic/a tough time with their kids?

**CK:** To give yourself grace. You don't have to be perfect, not even close. There is no other parent that your kids want besides you, exactly as you are in this moment.

If you are a mom with kids under 12 years old and would like to join the next monthly Parent Tap discussion (on March 13th), sign up [here](#). A Zoom link will be sent to you the day before the workshop. For more info, email [programs@ldwc.ca](mailto:programs@ldwc.ca)

*"I am so grateful for Parent Tap. It is a place to connect with other parents, learn from each other, and increase our parenting skills. It's also an affirmation of parenting from the heart, of meeting your kids where they're at, and about finding your path as a parent. Charity Kerrigan creates a warm and safe atmosphere for sharing, for learning, for growth. She is a wealth of knowledge on attachment based parenting and the science that supports it."*

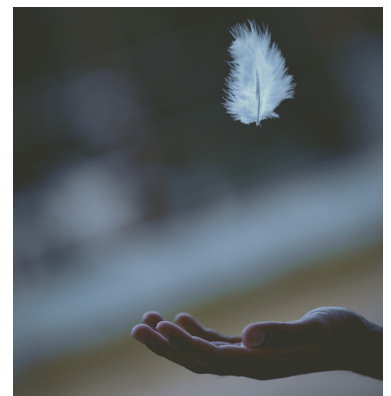
*-Karen Dymond, participant*

## WANT TO LIGHTEN UP YOUR MENTAL LOAD?

A workshop to explore 6 steps to reclaim your mental space and spend time where it matters most

In partnership with Townshippers' Association, your Women's Centre will offer an hour-and-a-half interactive workshop to explore concrete tools to help identify the invisible work that you do (called the **mental load**), avoid brain "overload" and find a more balanced life. Note that the workshop will welcome both women and men.

Grab a cup of tea or coffee and join us on **March 17th at 10 am!** To register, please email Vanessa Asselin from Townshippers at [va@townshippers.org](mailto:va@townshippers.org)





***Celebrate International Day of Women's Rights with us!***

**MARCH 10TH AT 6:30 PM**

**Free Film Projection + Zoom Chat**



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## INTERNATIONAL WOMEN'S DAY

A beautiful film and discussion not to be missed!

Join us online on **March 10th beginning at 6:30 pm** to watch the fantastic documentary "**Woman**" by **Anastasia Mikova and Yann Arthus Bertrand**. The film is based on interviews with 2,000 women from 50 countries, and covers the status of women all over the world. This documentary is a message of love and hope to all the women of the world, an attempt to understand their lives and to measure how far they have come and how far they still have to go. Brought to you by the Lennoxville and District Women's Centre and the Avante Women's Centre! To learn more about the film: [www.woman-themovie.org/en/](http://www.woman-themovie.org/en/)

We offer 2 options for the viewing: The whole movie + Zoom chat on March 10th or you can view the first half on March 9th and complete the viewing on March 10th. You'll find all the details in the sign-up sheet. It is FREE but please register [here](#).

## JOURNALING YOUR WAY TO SPRING

A self-exploration journey from the comfort of your home!

With a combination of writing and drawing prompts (no worries, no need to be a writer or a visual artist), we will accompany you through an insightful journey of self discovery.

The series of 4 WORKSHOPS will begin **Tuesday March 16th (8pm-9pm)** and will be held online once a week via Zoom. You can sign up [here](#) or phone or email us: **819-564-6626 or [programs@ldwc.ca](mailto:programs@ldwc.ca)**



Alanna Fernandes, our yoga teacher

## ONLINE YOGA

Another 6-week series starting on March 8th!

Why not give your body and soul some tender loving care one hour a week by joining our FREE online yoga sessions **every Monday at 10 am beginning March 8th**? Please register [here](#) or phone or email us: **819-564-6626 or [programs@ldwc.ca](mailto:programs@ldwc.ca)**. We'll send you a zoom link. Namaste!

## LUNCH N' CHAT WITH LUCIE

Want to learn more about gardening?  
Have lunch with us online on March 11th and March 25th

Our first lunchtime workshop will take place online on **March 11th (noon-1pm)** and will address **when, where and how to start your own seedlings**. It will provide all the info to successfully start indoors some of your veggies, herbs and flowers and transplant them in your garden or on your balcony.

The second Lunch n' Chat event will take place on **March 25th** at the same time and will review how to **get your garden ready for the growing season or how to start your first garden**.

To register for the Seedling workshop on March 11th [click here](#).

For the workshop on March 25th, [sign up here](#).





## MOMMY MEET-UP

Learn, share, have fun and connect

Join "Mommy Meet-Up" **every Tuesday morning at 10 am** for an **ONLINE meeting** among English-speaking mothers of the Townships with children aged 0-5.

Take a look at our upcoming workshops:

**March 9th** - Milestones and crafty keepsake.

**March 16th** - Building your child's library.

**March 23rd** - Homemade cream for mom and baby.

**March 30th** - How to get your kids outside (gross motor skills).

All the material will be supplied to each mom before the workshops. **Info and registration: 819-564-6626,**

**programs@ldwc.ca**

## LDWC BOOK CLUB

It is not too late to join!

Each month we are hosting a virtual book discussion on Zoom. You'll have a chance to share your thoughts and impressions and hear from others about how the book impacted them. Our next meeting will take place **online Monday March 15th during lunch time (noon-1 pm)**. We will discuss "The Little Prince" by St-Exupery. Please register for **FREE** [here](#).



## WILL YOU BE A PART OF THE ADVENTURE THIS SUMMER?

We want to see you in our garden!

After a first successful year, we will be expanding our Community Garden and developing a straw-bale garden, which will make the activity more accessible for our elderly members, and we will also keep a special plot for kids. Would you like to garden with us this year and bring home some fresh organic produce? If you're interested contact Lucie at **819-564-6626** or **programs@ldwc.ca** or [sign up here](#).

## WE NEED GARDENING TOOLS!

Do you have old gardening tools that you no longer need?

In order to limit our costs and continue to offer free access to our Community Garden for our members, we're reaching out to our community for donations of tools. These will be put to good use as soon as the ground thaws! We need shovels, rakes, trowels, forks and wheelbarrows. Please get in touch with us if you have any gardening implements to donate: **819-564-6626** or **programs@ldwc.ca**



## MORE ACTIVITIES COMING YOUR WAY THIS SPRING

We have some new workshops coming your way this spring. Here is a preview of what's to come...

- Learn the basics of watercolors
- Another Prenatal Discussion Group Starting mid-April
- A new Postnatal Support Group (including postnatal yoga and exercises)