

# SEPTEMBER 2023

All Programs are offered at 67 Dominion Street, Truro, N.S.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	Open to public 9:00- 12:00 & 1:00 -3:00 5	Open to public 9:00- 12:00 & 1:00 -3:00 6	Open to public 9:00- 12:00 & 1:00 -3:00 7	8
11	Open to public 9:00- 12:00 & 1:00 -3:00 12 Support Appointments: Call to Book	Open to public 9:00- 12:00 & 1:00 -3:00 13 Support Appointments: Call to Book	Open to public 9:00- 12:00 & 1:00 -3:00 14 Support Appointments: Call to Book	15
18	Open to public 9:00- 12:00 & 1:00 -3:00 19 EMPOWER Youth Program Gr.5 & 6 3:30 -5:00 Support Appointments: Call to Book	Open to public 9:00- 12:00 & 1:00 -3:00 20 The Cozy Corner .Coffee. Friends. Support. 1:30 - 3:00 Support Appointments: Call to Book	Open to public 9:00- 12:00 & 1:00 -3:00 21 EMPOWER Youth Program Gr.7 & 8 3:30 -5:00 Support Appointments: Call to Book	22
25	Open to public 9:00- 12:00 & 1:00 -3:00 26 EMPOWER Youth Program Gr.5 & 6 3:30 -5:00 Support Appointments: Call to Book	Open to public 9:00- 12:00 & 1:00 -3:00 27 Support Appointments: Call to Book	Open to public 9:00- 12:00 & 1:00 -3:00 28 EMPOWER Youth Program Gr.7 & 8 3:30 -5:00 Support Appointments: Call to Book	29

## Support Sessions

Our support worker is here to help you navigate services within our community and help you create a wellness plan for yourself as you work through the challenges in your life. Support sessions are available by appointment in person or via phone call.

Call to book : (902) 895 -4295

# SEPTEMBER 2023

## SUPPORT SERVICES (WALK-IN)

### Jackie's Closet

The Lotus Centre is proud to offer FREE seasonal clothing to any woman who needs it. We have everything from shirts to shoes in various sizes to suit every body type. If we don't have something in your size, we are happy to help you find it!

Drop-In and help yourself:  
Tuesday - Thursday's 9:00 - 12:00 & 1:00 - 3:00

### Personal Care Orders

We offer a variety of personal care items for FREE to women in need including period products, condoms, personal hygiene and women's panties.

Order Online:  
[thelotuscentre.net](http://thelotuscentre.net)

Drop-in:  
Tues, Wens, & Thurs  
9:00 - 12:00 & 1:00 - 3:00

## NS WORKS/ FUTUREWORX

### Employment Services

Join our Women's Support Worker and a NS Works Career Development Practitioner to learn about job search and employment skills development programs offered through NS Works/ Futureworx.

Drop -In's Welcome!

Sign up for our Fall Sessions NOW!



Thursday September 14th 2023

## HYGEINE CARE KIT DRIVE

For the month of July "Bountiful Bra Boutique" on Arthur Street, will be hosting our donation basket!

Next time you pop in to shop, be sure to bring in a donation of hygiene items for our basket. All donations are distributed free of cost to women and families in our community

Thank you for your support!

## THE COZY CORNER

### . Coffee . Friends . Support .

Are you looking to connect with other women in a casual setting? Join our new "Cozy Corner Drop-in" to discuss life's challenges, facing women and help create a supportive safe space to grow and learn.

Make meaningful connections, swap knowledge, access peer support and advice on many topics over coffee and snacks!

We look forward to seeing you!

Wednesday September 20th  
1:30 - 3:00

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## EMPOWER YOUTH PROGRAM

### The EMPOWER Youth Program

open to those who identify as female or any gender oppressed youth.

This participant guided program is designed to encourage confidence, acceptance and self expression. Participants create the weekly sessions based on their interests and needs as the year progresses.

The program is designed to foster resiliency, leadership skills, build connections, increase positive communication and coping skills and learn about community engagement.

These programs are developed and facilitated by our Women's Support Worker, Sarah.

**REGISTRATION OPEN**  
(First Come First Serve. Spaces Limited)

**Jr. Group (Grades 5 & 6)**  
Tuesday's 3:30-5:00  
**Sr. Group (Grades 7 & 8)**  
Thursday's 3:30 - 5:00

For more info contact:  
[sarah@thelotuscentre.net](mailto:sarah@thelotuscentre.net)

