

WE LEAD TOGETHER

(LEADERSHIP, EQUALITY, ACTIVITY, DIVERSITY)



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LEAD PROGRAM UPDATE

by: Karen Furneaux

The LEAD Program is gaining momentum with programming happening for target groups with a specific goal to level the playing field and address barriers for women and girls of all abilities and backgrounds. LEAD has been working with the **Alnaas group for newcomers to Nova Scotia, to bring volleyball and basketball experiences to girls aged 11-16.**

Partnerships with Volleyball Nova Scotia and connection to Basketball Nova Scotia have facilitated this and helped to identify female coaches and mentors for this group.

LEAD has also been working with Camp Courage Indigenous Youth to provide unique and interactive experiences and career path opportunities in First Response and Emergency Services. This camp runs from July 2-10th, 2022.

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The LEAD program, **I.D.E.A.L.S.: Brave Spaces for Girls in Sport** is a framework developed which educates grassroots sport coaches and program leaders on pillars to optimize participation, positive experiences and develop confidence among girls.

The framework stands for: **Inclusion, Diversity, Equity / Equality, Accessibility / Activity, Leadership, Safety.**

In addition to this work, **This Body Can: EMPOW(H)ER Confidence** is a program for all girls in sport.

The LEAD program will be commencing its **first cohort of Leadership Training in 2022**. Interested organizations and clubs can reach out to YWCA Halifax for more information.



MOVEMENT FOR MENTAL HEALTH

by Karen Furneaux

We are seeing sport and gatherings return from a nearly 2.5 year period of stops and starts during the Covid-19 Global Pandemic. With it's return we may take a moment to recognize how important sport and recreation / play can be.

The Covid-19 Pandemic forced a deep reflection on values. An examination of existing systems and structures. A return to sport and play as well as a world where we value diversity, and provide opportunities that are equitable, inclusive and safe for all to access.

The YWCA recognizes programs that support all women and girls and the importance of **engaging our bodies in movement for physical, mental, emotional and collective well-being**. Ensuring that all participants have access to positive sport, physical activity and recreation experiences so that they can foster important life skills to thrive.

I Am....:

Take a moment to appreciate all that you are in this moment. Even if the moment is not perfect, you are complete and valued. Even if it is hard to see, look inside and nourish the GOLD that is within.



UP-AND-COMING EVENTS



LEAD Program In the Community!

Camp Courage Indigenous is an opportunity for girls to explore Emergency and First Response career pathways and experience movement, mentorship, fun, friendship and growth. The LEAD Program partnered with Camp Courage and CAF (Canadian Armed Forces), 3MP Regiment in Bedford, in this meaningful event.

