



March / April 2010

Newsletter

## Mindful of Spring

Nice weather is on the way!  
 Take some time to experience spring:

For ten minutes (or as long as you like) go outside and move (walk, run, roll, etc.) silently and without distractions like mp3 players etc.



Pay attention to sights, smells, sounds, sensations, tastes, and your own thoughts and feelings: How does the ground feel underneath you? What is catching your attention? How does your body feel? Are there a lot of birds out and about? Are there thoughts that keep coming to mind?

Notice, without judgment or getting involved. Keep noticing what is happening "right now", and letting go of everything that happened "just then". (So notice that your nose is cold, then let it go and notice that the air smells like wet earth again, then let it go and notice that you'd like dill pickles with your lunch, then let it go and notice a squirrel carrying an apple across the road, then let it go...)

If anything really interesting comes up, remind yourself to come back to it later (and to add pickles to your sandwich at lunch).



online research help

From [Knowledge Ontario: askON](http://www.knowledgeontario.ca) is an online chat information service for immediate, interactive, research and information help.

From the site you can click on the nearest participating public library and get help:

- finding the information you need
- learning to use online resources like databases or search engines
- learning about library services and how to use them
- and more!

Service offered in French and English. Take a look!

<http://askon.ca/>



**Are you a survivor of domestic violence?**

**We need your voices**

### Who We Are

The Peterborough Domestic Abuse Network (PDAN) is a group of agencies working together to promote healthy relationships and prevent domestic and relationship abuse in Peterborough City and County.

### What We Do

We aim to provide coordinated, consistent and compassionate services and support to victims/survivors of domestic abuse. We also undertake public education, training and advocacy.

### Survivor Involvement

We are seeking survivors of domestic abuse who may wish to have a voice in our work. PDAN is establishing an advisory group of women survivors to guide us and to advise us. We also welcome all survivors to get involved in other ways and be heard.

### Why Get Involved?

Your input is critically important.  
 We value and respect your opinions.  
 You will meet other survivors and receive training.  
 You can help improve our response to domestic abuse.  
 You can take action and help stop the violence.  
 Support is available.

### Please contact us for more information

Call us: (705) 933-2825

Email us: [info@pdan.ca](mailto:info@pdan.ca)

Visit our website [www.pdan.ca](http://www.pdan.ca)

*The Reward for conformity was that everyone liked you except yourself.*

~ Rita Mae Brown

## Women's Drop-In Circles



At times in our life, we may find ourselves feeling uncomfortable, a sense that we don't seem to fit. We may find ourselves checking out – living on automatic pilot - stuck on a treadmill and don't know how to get off. We may ask ourselves, where do I "get a life"?

At such times we need community; a space where we can tell our stories and feel that we are being heard without judgment. A place where we discover we are not alone – that there are other women who share similar experiences and concerns.

Where do we find such spaces? Can we create them? Perhaps starting a drop-in circle is one way to connect and share. Offer a space and time where you and other women can leave the 'business' of life for some open, respectful connection, self-care, and inspiration. The advantage of a drop-in is that women can bring whatever they wish to the circle on that day and stay for as long as they want.

Circles can play an important role to our life journey. They provide a space where we can explore our connection to each other and to our true selves. They can promote self awareness and enhance the belief that "I am enough".

Ideally they welcome each woman where she is at on her path of discovery, believe that women arrive whole and complete – no "fixing" allowed rather gentle support that encourages our inner wisdom and reflection to surface. A space where each woman is celebrated for who they are and the gifts they bring.

What might we do at such a gathering? Consider sharing thoughts and reflection through poetry or journaling; create collages using magazines or material; capture images with a camera that speaks to your experience; suggest a topic that is of interest to you and lead a discussion; check out the selection of workbooks on self esteem and self awareness in the Women's Health Care Centre library and try some of the exercises.

Once established, a drop-in circle will evolve and grow in its own unique way. They offer another path toward self-awareness, self-inquiry, self-discovery and wonder.

Consider calling a couple of friends, neighbours, or acquaintances and be surprised with where the journey may take you.

*Community. Somewhere, there are people to whom we can speak with passion without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up as we enter, voices will celebrate with us whenever we come into our own power.*  
~ Starhawk

To find support groups around specific concerns (like breast cancer or substance abuse) try:

### Four Info

[www.fourinfo.com/](http://www.fourinfo.com/)

### Ontario 211

[www.211ontario.ca/](http://www.211ontario.ca/)

### Peterborough 211

[www.211peterborough.ca/](http://www.211peterborough.ca/)

Or Dial 211 or 1-866-743-7818 (multilingual)



## Setting the Stage for Change



A group program for anyone who is struggling with symptoms of Anorexia, Bulimia or Binge Eating

Wednesday April 14<sup>th</sup> – Wednesday June 9<sup>th</sup>, 4 PM

Learn:

- How to recognize an eating disorder and its associated health risks
- About health promoting strategies and healthy eating
- How to start making change
- Mindfulness-based strategies for changing a problematic relationship with food

Space is limited. Call to register or for more information: (705) 743-4132 OR 1-800-419-3111



## New Resource: Reproductive Health Pathfinder

On the Health Information page of our website you can find a Reproductive Health Pathfinder that will direct you to useful books, places, websites etc. for finding information about sexuality, contraceptives, safer sex, fertility, planned and unplanned pregnancies, and more.