



SOUTH SHORE
SEXUAL HEALTH

ANNUAL REPORT

2020
EDITION



OUR ORGANIZATION

We are a pro-choice, sex positive, LGBTQ2S+ organization that works to bring healthy sexuality to folks on the South Shore of Nova Scotia. We offer services, resources, workshops, and referrals related to sexual health, gender, and orientation.

We have been serving Lunenburg and Queens since 1988, when we began as a grant project of Second Story Women's Centre. Now our own autonomous organization, we are part of Sexual Health Nova Scotia, and an affiliate of Action Canada for Sexual Health & Rights.

OUR SERVICES

We provide numerous free services such as,

- pregnancy testing
- pro-choice options counselling
- safer sex supplies
- menstrual supplies
- compassionate emergency contraception
- gender affirming gear such as gaffs and binders
- one-on-one guidance or peer counselling
- healthcare navigation
- referrals to community programs
- workshops
- youth sexual education in the schools
- advocacy for social justice and reproductive health



INCOMING TEAM

Executive Director and Sex Educator

Julie Veinot

Chair Board of Directors

Kendra Ritcey

Financial Officer

Kaitlin Richard

Secretary

Emily Bowers

Directors

Rebecca Zolkower

Madison Cole

Nicole Byers

Susan Berry

OUTGOING TEAM

Former Co-Chair Jan Cressman, who helped us for many years. Thanks Jan for your commitment to the health and well-being of our community!



OUR SUCCESSES

Like all years, 2019-2020 came with challenges and successes. Here are a few of our favourite highlights from the year:

- Receiving a grant from the Lunenburg County Community Health Board to create a LGBTQ2S+ adult social group in Bridgewater.
- Getting money from Building Vibrant Communities to distribute more condoms, lube, menstrual supplies, and emergency contraception. This is the first time we've been able to offer compassionate emergency contraception.
- Fielding a huge response from people to review our puberty eBook so we can launch it officially in Fall 2020 with lots of great input!
- Collaborating with Sexual Health Nova Scotia to launch the Mental Health Library on their website, with new resources designed by us.
- Changing our name to South Shore Sexual Health so we're more inclusive of our friends in Queens County.
- Receiving fabulous donations from Nova Scotia Power, South Shore Eye Clinic, and the Shambhala Centre in Mahone Bay, along with many individual donations.
- Getting our first o-cubes to help demonstrate how to insert internal (formerly known as female) condoms during our school workshops.
- Beginning to collaborate with TESS to reduce the impacts of human trafficking.



OUR CHALLENGES

Many of our challenges are well-known to all charities, but this year threw us a COVID-19 pandemic, which shut us down mid-March so we could provide remote services safely. It also meant cutting short our sex ed in the schools.

Some other challenges from this past year:

- funding, as we continue to work with about \$33,000 of core funding to cover pay, rent, safer sex supplies, and other necessities
- inadequate counselling support for survivors of sexual assault and gendered violence
- limited health care on the South Shore for trans and non-binary folks
- few to no opportunities to get Pap tests if you don't have a family practitioner (we are currently referring to the Halifax area)
- no devoted sexually transmitted and blood borne testing opportunities for people without doctors

OUR STATISTICS

Client Contacts

170

Supplies Distributed

(condoms, dams, pregnancy tests)

10,970

Workshop participants

369



OUR NUMBERS

To come



OUR THANKS

We couldn't do our work without the effort of many supporters, including volunteers, funders, and our colleagues at non-profits. Here are a few shoutouts, with the hope none are missed.

NS Department of Health and Wellness
South Shore Regional Centre for Education
Nova Scotia Health Authority
Sexual Health Nova Scotia
Action Canada for Sexual Health & Rights
Second Story Women's Centre
Be The Peace Institute
Better Together Family Resource Centre
YMCA Lunenburg County
South Shore Transition House Association
United Way of Lunenburg County
Nova Scotia Power
South Shore Eye Clinic
Shambhala Centre in Mahone Bay
Bridgewater Police
RCMP
Canada Summer Jobs
Lunenburg County Community Health Board
Queens Community Health Board
South Shore Public Libraries
Schools Plus
and, of course, you!