2023-2024

ANNUAL Report

South Shore Sexual Health

(902) 527-2868
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www.southshoresexualhealth.com

About Us

South Shore Sexual Health is a resource centre for all ages that offers services, support, and supplies. We are pro-choice, youth-friendly and 2SLGBTQAIP* positive. We believe that everyone should have access to quality, non-judgmental sexual education and resources that promote human rights.

South Shore Sexual Health is an independent charity run by a volunteer Board of Directors and small staff. Our professional backgrounds include education, counselling, health care, social work, health promotion, and non-profit management.

We began as a $500 grant project at Second Story Women's Centre in 1988. Planned Parenthood Bridgewater emerged and eventually grew larger, and into its own organization with its own Board of Directors. We shared an office space in Bridgewater until SSWC moved to Lunenburg. Planned Parenthood stayed in Bridgewater due to its central location.

We have changed locations and names through the years. Planned Parenthood Bridgewater became Planned Parenthood Lunenburg County, which then became Sexual Health Centre Lunenburg County. At the time, many organizations were leaving the Planned Parenthood branding behind to emphasize our services were more than just family planning. That's why we're now South Shore Sexual Health!

Our Affiliations

Sexual Health Nova Scotia is the provincial body of six member-centres throughout the province that are run independently in each of their communities. We are all associates of **Action Canada for Sexual Health & Rights**, which provides federal support for associates across the country.

Our Mission

To promote sexual and reproductive health throughout the lifespan by providing information, education and services, and encouraging informed, responsible attitudes toward sexuality.

Our Values

- pro-choice
- sex positive
- non-judgmental
- feminism that is inclusive of trans and non-binary folks
- 2SLGBTQAIP* friendly
- trauma-informed
- harm-reduction focused
- evidence-based
- sex work positive

We offer guidance and pregnancy options counselling, as well as workshops. Folks can pick up free or low cost safer sex supplies, pregnancy tests, HIV self-tests, menstrual supplies, and gender-affirming gear.

Our Team

Our permanent staff member is Julie Veinot, who has been with the centre for almost 10 years! She is a teacher by trade, with a background in communications. You can often find her with students or practicum folks, or the many organizations we collaborate with!

Our volunteer board members are Leigh Heide (chair), Grace Holwell (vice-chair), Louise Hopper (finance officer), Erin Hirtle (secretary), as well as Kendra Ritcey, Nicole Byers, Amanda Williams, BriAnna Simons, Celeste Torpedo, and Nicole Davies.

Allie is our office mascot (originally with the intention of appearing in TikToks). You'll find our friendly alpaca hanging out on Logan Road.

Our Supporters & Partners

South Shore Public Libraries
Read. Discover. Learn. Share.

Mental Health Foundation of Nova Scotia

Second Story Women's Centre

Nova Scotia
Government of Nova Scotia

Government of Canada / Gouvernement du Canada

town of Bridgewater

District of Lunenburg Inc. 1879

Town of Mahone Bay

United Way Lunenburg County

Canadian Women's Foundation

Action Canada for Sexual Health & Rights

Town of Lunenburg

The Municipality of Chester

SSFRA

Rural Communities Foundation of Nova Scotia

reachnexus

Queens Community Health Board

Sexual Health Nova Scotia

be the peace Institute

Lunenburg County Community Health Board

Harbour House

SOUTH SHORE OPEN DOORS ASSOCIATION SSODA

AVALON SEXUAL ASSAULT CENTRE

Schools Écoles Plus NOVA SCOTIA / NOUVELLE-ÉCOSSE

South Shore Regional Centre for Education

nscc

Employment Solutions Society

OHC OUR HEALTH CENTRE Healthier People – Healthier Communities

Underworks

Shine On Southwest Nova Scotia

nova scotia health authority

PRIDE Lunenburg

HB STUDIOS SPORTS CENTRE

John Howard THE JOHN HOWARD SOCIETY OF NOVA SCOTIA

DIVA CARES™ DIVA INTERNATIONAL INC

SUGAR HEALTH

Our profound apologies if we forgot you. Please let us know so we can add you to our 2024-25 report!

Year in Review

We keep basic statistics of the folks who use our services. We don't keep any identifying information like your name or age; instead, we write things like "1 call for a Pap test" or "Grade 7 presentation with 24 praticipants". This allows us to see how our services are used without infringing on folks' rights to confidential and secure services.

305
clients served

60
folks supported to find infection testing

34
pregnancy tests distributed

77
pieces of gender-affirming gear or items distributed

8
folks supported around abortion, adoption, or parenting

18
folks supported to find a Pap test

25
menstrual packages distributed including menstrual cups

36
presentations delivered

513
program participants in schools or community groups or corporations

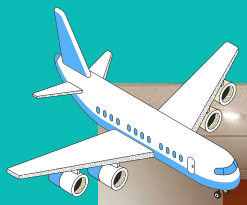
4293
safer sex supplies distributed including dams, lube, and internal condoms

Our Office

Our space on 109 Logan Road, Unit 1B gets lots of compliments for being bright and friendly. We have the Transformation Closet, our lending library, lots of free condoms and menstrual supplies, as well as fundraising merchandise like adult toys.

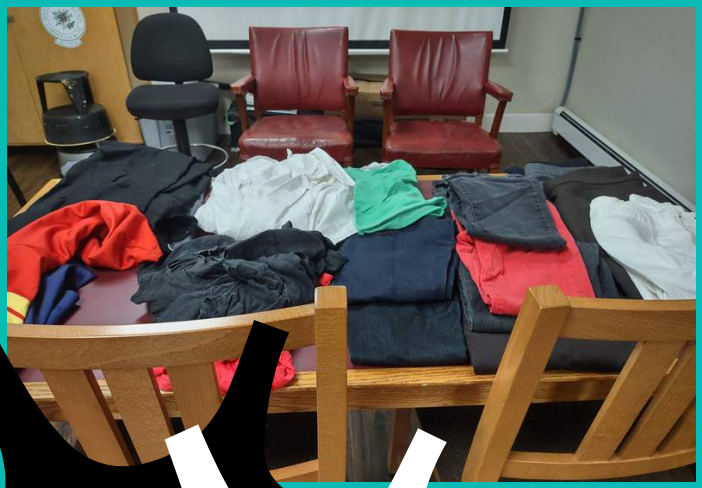
Ottawa Trip

We belong to Action Canada for Sexual Health & Rights, a federal organization that links sexual health centres across the country. They brought us altogether in June 2023 to talk shop and connect with the federal health minister.



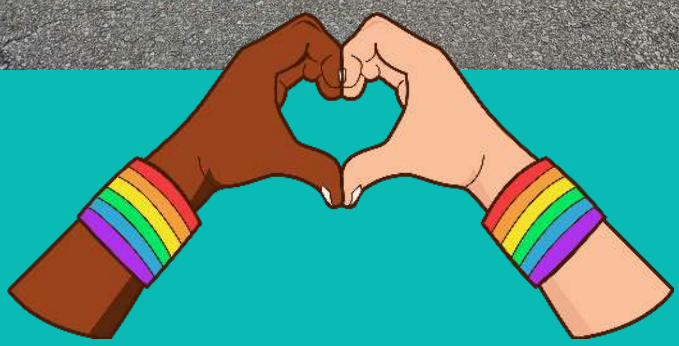
Collab with our Libraries

We are connected with South Shore Public Libraries to help destigmatize our services and bring them to folks all across the South Shore. We partnered with them to do a Transformative Clothing swap during Pride. We also provide regular outreach so folks can connect with us outside the centre.



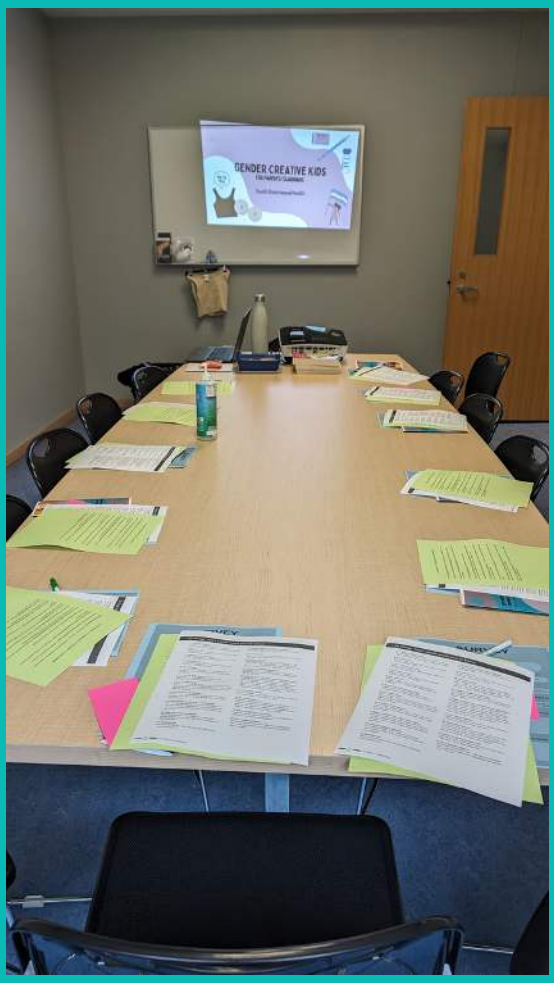
First Pride Parade!

Last July, we were honoured to participate in Bridgewater's first Pride Parade. We were incredibly moved by the huge swelling of support that lined Empire Street and King Street despite the heat. We hope this year's parade is just as successful!



Last June we attended Social Media Day Halifax to up our marketing game. It's always a great day of learning. We also got to hear from influencer Miss Lion Hunter and more.

When you work for a sexual health centre, it's important to consider hauling capabilities for safer sex supplies and gender affirming gear. This load of gender gear went to The Red Door as part of the provincial Transformation Closet!



This March we facilitated a well-attended session on caring for Gender Creative Kids funded by the Mental Health Foundation of Nova Scotia. It was held at the LCLC with catering by Fancy Pants Cafe.

Summary

In short, while we had some ups and downs this year, we are very happy to be working on an upward trajectory in terms of funding and energy! There are lots of great things in our future despite the rising tide of anti-sex and anti-trans hate that is being promoted by disinformation.

We will continue working with our partners to address the social determinants of health, and forge ahead with our patented brand of sex positive advocacy based in evidence and best practices.

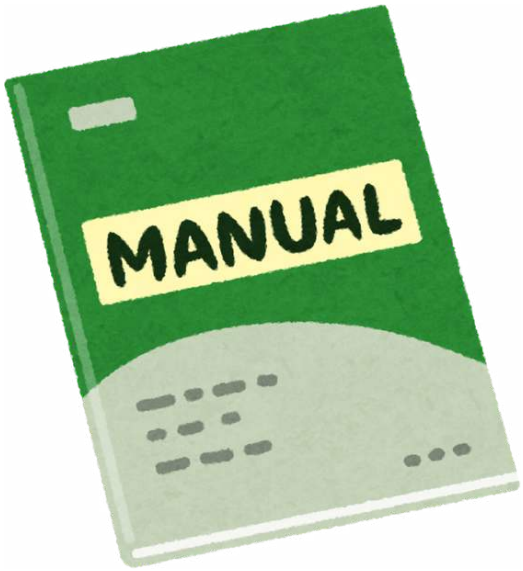
We hope you continue to travel with us for the ride! Our community gives us the energy to keep growing.

Are you interested in helping out? See our website for more ways you can connect with South Shore Sexual Health, whether that's by volunteering or making a donation through Canada Helps. Thank you for being there for us.

Upcoming

Stay tuned for lots of great things in 2024-2025 as we move towards reworking our policy manual thanks to two incredibly generous grants, some fabulous consulting from Simply Good Form, and plans for strategic planning in the fall of 2024.

We will continue to work towards building a flourishing organization that is mindful of eradicating oppression, and seeks to make South Shore Sexual Health a place that recognizes the human rights of everyone who comes through our doors, calls, or attends our community presentations.



Funding provided by

Community Services Recovery Fund

Canadian Red Cross

Community Foundations of Canada

United Way Centraide Canada

Rural Communities Foundation of Nova Scotia

Work with Us

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