



IMPACT REPORT

**South Shore
Sexual Health**

2025-26





ABOUT

South Shore Sexual Health is a community-based resource centre dedicated to advancing sexual and reproductive health and well-being across Lunenburg and Queens Counties. Based in Bridgewater, we provide support, supplies, and services.

For more than three decades, our organization has worked to reduce barriers to information and care while helping build healthier, more inclusive communities. We believe everyone deserves access to accurate, evidence-informed sexual health information that is confidential and free from judgment.

Our work is grounded in a commitment to being pro-choice, sex-positive, trauma-informed, youth-friendly, and inclusive of 2SLGBTQIA+ communities. We also recognize that sexual health is influenced by many factors. As a result, our approach goes beyond individual services to include advocacy, community partnerships, and systems change.

Throughout the year, we provide free

- sexual health supplies
- pregnancy tests and options guidance
- HIV self-tests
- menstrual products
- gender-affirming gear
- one-on-one guidance
- educational workshops
- healthcare navigation services

While our programs and services have evolved over time, our purpose remains the same: to support people in making informed choices, affirm diverse experiences, and promote sexual and reproductive health across the lifespan.

South Shore Sexual Health is always able to support the Better Together Family Resource Centre with free sexual health supplies to provide to participants who access the centre. No questions asked! This makes it much easier to promote positive family planning and sexual health.

BETTER TOGETHER FAMILY RESOURCE CENTRE



OUR MISSION

South Shore Sexual Health's mission is to support sexual, gender, and reproductive well-being for everyone on the South Shore.

Services

Workshops, access to at home STI testing, healthcare navigation, advocacy.

Supports

One-on-one guidance, pregnancy options counselling, free gender-affirming gear.

Supplies

Safer sex supplies including condoms, dams, and lube as well as free period products.





OUR VALUES

- identity affirming and supportive of 2SLGBTQAIP* people
- sex positive
- pro choice
- anti-racist and culturally conscientious
- collaborative with our community
- respectful
- trauma-informed
- gender equity
- informed advocacy
- disability justice



Julie attended a 'love' bracelet making program at Bridgewater Junior High in the Winter of 2026. She brought materials and supplies to show adequate 2SLGBTQIA+ representation.

Many of the students commented on the stickers, flags and other materials Julie brought and how much it meant to them to have accurate representation shown at this program.

EMMA SPERRY, SCHOOLS PLUS



OUR TEAM



Julie
Executive Director



Olivia
*Summer Community
Service Worker 2025*



Libby
Pride Llama & mascot



Leigh Heide - Chair
Grace Holwell - Vice Chair
Erin Hirtle - Recording
Officer
BriAnna Simons
Louise Hopper
Tony Lantz
Kalyn Moore
Celeste Torpedo

The South Shore Sexual Health has been a great asset to the youth in our community, providing accessible, inclusive, and supportive services and products. I am grateful for the work you do and look forward to continued collaboration in the future.

YMCA YOUTH OUTREACH



THE T-CLOSET IN REVIEW

Our most popular program is our free gender-affirming gear program, the Transformation Closet, which is now spread across the whole province in collaboration with Sexual Health Nova Scotia. People of all ages can access items to support their gender journey, but youth are by far the largest demographic.

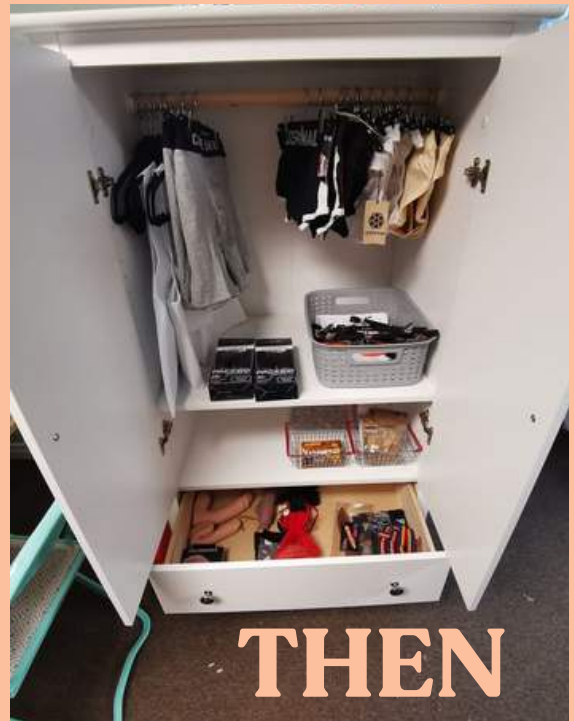


116

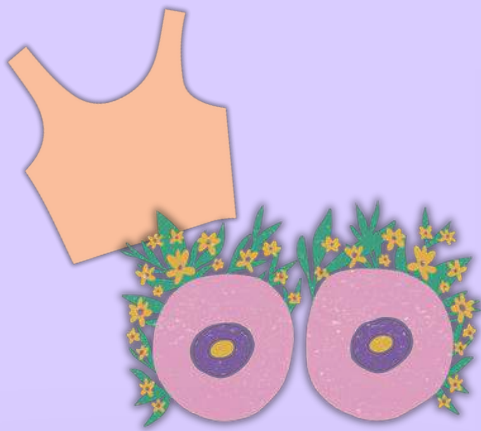
pieces of gender-affirming gear distributed

It is without a doubt life changing and affirming for youth to feel as though they have a safe space and resources for their individual needs... Forever thankful.

KELLY, HIGH SCHOOL TEACHER



An early picture of the T- Closet during the original grant in 2020, when the Mental Health Foundation of Nova Scotia provided monies for the first “Closet” aka Armoire.



Schools Plus reached out to Julie regarding a student looking for a chest binder. Julie arranged a visit and pick up the same day... the student... immediately went to change into the binder.

The generally reserved and quiet student returned shortly to the space glowing and smiling ear to ear.

EMMA, SCHOOLS PLUS

From a youth's joy trying on gender-affirming gear from the Transformation Closet for the first time, to the relief of finding out they can get free emergency contraception... I've seen just how valuable the South Shore Sexual Health Centre's presence is in Lunenburg and Queens Counties.

TOMAS, YOUTH HEALTH CENTRE COORDINATOR

South Shore Sexual Health has been a reliable community partner supporting the youth-led GSA at our rural high school. SSSH has joined us as a guest presenter on multiple occasions to help teach, support, and inspire our students. Through this collaboration, SSSH helps to create communities that are safe, healthy, and inclusive for people of all genders and sexualities.

SCHOOLS PLUS, NEW GERMANY



NOW

The Transformation Closet AND Transformation Dresser holds a variety of gender-affirming items including wigs, razors, and makeup donated by Gow's Home Hardware and Lawton's.



FIGHTING FOR PERIOD POVERTY & REPRODUCTIVE JUSTICE

With the rising cost of living, it's more important than ever to ensure all folks have access to period products like tampons, pads, and reusable cups.

Thanks to a donation from Diva Cares, we have lots of menstrual cups to distribute to students and individuals throughout our region.



Executive Director Julie Veinot at the Nova Scotia Legislature with Access Now to advocate for free birth control for ALL Nova Scotians.

53

menstrual cups
distributed

88

packages of tampons and
pads distributed

We feel that by having the opportunity to provide participants with free products, that they get to know your program and that it exists for them. Some didn't know what a DIVA cup was until we started providing them and they appreciate having access to pregnancy tests in a private manner.

We really appreciate your partnership and the opportunity this provides to our off-reserve Indigenous participants, who may find it financially difficult to purchase the products.

**DIANE & TERESA, OUTREACH @ NATIVE
COUNCIL OF NS**



COMMUNITY WORKSHOPS & SEX ED

Thanks to donors like United Way Lunenburg County and our municipalities and towns, we are able to offer free workshops to any organization or school that requests them.



15

**presentations and
workshops delivered
in our community**

We are so fortunate to have South Shore Sexual Health come to our school regularly for student presentations.

The topics they offer are curriculum connected, age appropriate, and are an essential part of sexual health education.

Julie does an excellent job fostering a safe and open environment, where students are engaged, curious, and comfortable asking tough questions.

BETH, SCHOOL COUNSELLOR

Julie is fantastic at speaking with students about sexual health. She is kind, positive and has a gentle way of teaching students about uncomfortable topics.

NORAH, SCHOOL COUNSELLOR

Julie was knowledgeable, kind, and considerate of students and their various experiences and understanding. She gave the students concise and age-appropriate information on sexual harassment and answered all of their questions.

CHRISTY, GRADE 5/6 TEACHER



ADVENT OF TAKE HOME STI KITS

We are thrilled to be part of the STI Care Now Program, which supports people to screen and test for sexually transmitted infections in a location of their choosing.

Each kit tests for chlamydia and gonorrhea and includes screening for HIV. Participants can also connect with the STI Care Now team to access blood requisitions for syphilis and HIV testing, as well as information and referrals for HIV pre-exposure prophylaxis (PrEP).

By offering flexible, self-directed testing options, STI Care Now helps reduce many of the barriers that can prevent people from accessing sexual healthcare, including transportation challenges, concerns about privacy, stigma, and scheduling difficulties.

The program empowers individuals to take charge of their sexual health in a way that is convenient, confidential, and accessible. We are proud to help connect community members with this important service and to support greater access to testing, early detection, and treatment across the South Shore.



47

folks supported to
find infection
testing

3593

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

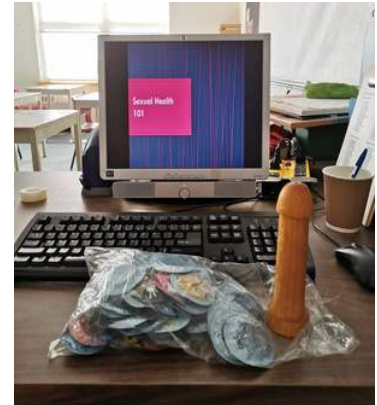
18

HIV self tests
distributed



324

clients served



8077

website views

As the face of the organization on the South Shore, Julie has been an invaluable source of support and information for both locals and newcomers in our region.

**ASTRID, NEWCOMER
SETTLEMENT TEACHER**

Julie in her role at the sexual health centre serves as an invaluable support in our community. Julie is actively engaged with our community partners meetings and is regularly celebrating diversity and brainstorm the best ways to support local youth.

**ALEXANDRIA, SCHOOLS PLUS
FACILITATOR**

And one new strategic plan... our first!





SCRAPBOOK



1. Our Executive Director Julie Veinot stands with Brooke Rivers and Trinity Foxx at our Sex Toy Trivia in February.
2. Rhett Torical and Rouge Fatale reading at the Thomas Raddall Library during Pride Week.
3. Community Service Worker Olivia Brown with our craft at Reading with Royalty during Pride.
4. Olivia facilitating a workshop on Sex Toys in Mahone Bay.



5. Brooke Rivers and Trinity Foxx at Old Confidence Lodge in February.
6. Olivia and her brother during the Pride Parade in Bridgewater in July.
7. Jake of all Trades facilitating a self-care session for 2SLGBTQAIP+ youth thanks to Community Wellness Funds.
8. Libby popping out at the Pride Parade.
9. Libby makes sure the Transformation Drawers have lots of stock for folks.



SUMMARY

Partnership remains at the heart of our work. We collaborate with healthcare providers, educators, community organizations, government partners, and grassroots groups to strengthen local supports and increase access to services. These relationships help us extend our reach and respond more effectively to emerging community needs.

Like many community organizations, we navigate ongoing challenges, including rising costs, increasing demand for services, and growing complexity in the issues facing the people we serve. At the same time, these challenges reinforce the importance of our mission and the value of accessible, community-based sexual health support.

As we reflect on the past year, we are grateful for the trust placed in us by community members, partners, volunteers, funders, and supporters.

Together, we continue to build a South Shore where everyone can access the information, resources, and care they need to make informed decisions and live healthy, fulfilling lives.





REACH OUT

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