

# *Corner Brook Status of Women Council*

NEWSLETTER - January 2022

## **New Year, Fresh Start**

Just like a fresh snowfall makes everything look new and fresh, a new year gives us a chance to start new again. It's a time to reflect on the past year and decide what to continue into the new year and what is no longer serving us.

Accept change. You are no longer the person you used to be. So it is likely that lifelong beliefs and activities are no longer serving you in ways that they once did. It can be exciting to recognize growth and the need to accept new things into our life, even if they are hard.

Review your relationships, your commitments (personal and professional) and decide what is helping you and what is not. Are there people in your life that are draining you? Perhaps it's time to either leave the relationship or develop new or additional boundaries. Likewise, with the commitments that consume your time, take the time to question whether they are still benefiting you, or are they simply hold overs from the past and "what you have always done". In a time when many of us are feeling overwhelmed with daily stress and dealing with the pandemic, it can be a time to simply focus on the necessities and let the rest go. Remember you do not need to earn the right to rest. If you feel you can, it

can also be a great time to explore new interests.

Establish some new routines. This might mean meal planning, incorporating some exercise or self care, delegating some duties to others, scheduling errands, or finding ways to get to bed earlier to get more sleep. You decide what will help you feel healthier, more productive and accomplished.

Practice saying yes. Give yourself permission to try new things, even things you previously thought were "not you". You just might surprise yourself. Any new change requires the ability to say yes. Try new things. It doesn't mean jumping in unprepared, but nibble at the edges and sample some new activities, places and people. You might just find your new favourite thing.

Be flexible. If this is not the time to do a personal review and try new things, that's fine. Be kind to yourself, but start to plan for a time when you can do this. New years are filled with possibilities and so are you.



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## 2022 Lockdown:

As we have unfortunately returned to alert level four we have temporarily halted all drop in services at the centre. Rest assured however, that although we are working remotely you can still reach us Monday to Friday 8:30am-4:30pm via email. Phone messages left at 639-8522 will also be returned once a day Monday to Friday. If your call is of an urgent nature, the crisis line at Willow House (634-4198) can be reached day or night regardless of covid alert level.

In person services such as copying, faxing and internet access are still available but will need to be booked in advance. Please call or email and we'll be happy to set up a time for you to avail of these services. We do ask that you wear a mask to any scheduled office appointments.

Toiletry bags remain available during this time. To arrange for contactless pickup, please call the office and leave a message.

The logo for SARA (Sexual Assault Response & Advocacy) features the word "SARA" in a bold, teal, sans-serif font. A thick black horizontal line is positioned directly beneath the letters.

Sexual Assault Response &  
Advocacy

## Final Word:

Regardless of lockdowns, shutdowns and general covid complications, January is going to be a busy month. We are a good

99% steam ahead with the SARA project (the necessary move to zoom has knocked 1% of the wind out of our sails).

If you haven't already heard about the SARA project, you are not out of the loop. We hope to launch our new service in mid February. SARA stands for Sexual Assault Response and Advocacy.

When we go live in February, a trained SARA volunteer will be available 24 hours a day through talk or text to anyone who has experienced sexual assault. Although there are other wonderful support lines already available, SARA is the only sexual assault crisis line based out of Corner Brook. Local support is incredibly helpful when coping with sexual assault. Our volunteers can offer callers information about local resources and services available in the area. They are also available for accompaniment to a SANE (Sexual Assault Nurse Examiner) exam, to the RNC/RCMP for statements, to meet with campus enforcement or throughout court proceedings.

If you or someone you know is in need of this support before we are up and running, please feel free to reach out to us at the office (639-8522, non-urgent) or to Newfoundland Sexual Assault Crisis and Prevention Centre (1-800-726-2743, crisis line).

If instead you want to get involved with this fantastic initiative, we are still recruiting volunteers. Please call the office, email [project.cbswc@gmail.com](mailto:project.cbswc@gmail.com) or search for us on Facebook @SARACornerBrook.