



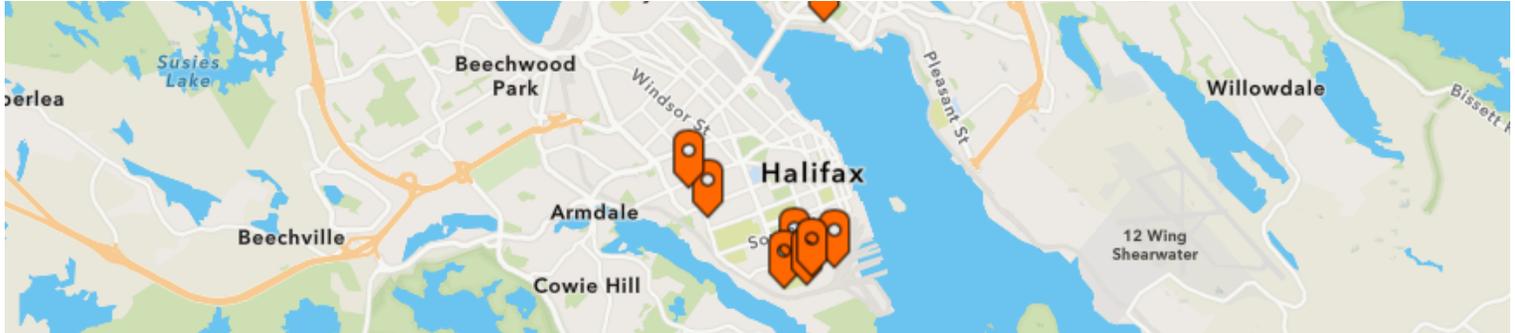
We LEAD Wednesday



Weekly newsletter for LEAD (Leadership, Equity, Activity & Diversity)

MAP FOR ACCESSIBILITY IN NOVA SCOTIA

- Share your photos to the Candid Access map, an online platform to collect and share the accessible and inaccessible public spaces you encounter across Nova Scotia.



This is a great opportunity for Nova Scotians to draw attention to accessibility or lack thereof across the province. Everyone is encouraged to look in their communities, including recreation and sport facilities, to document what is and is not working well in terms of accessibility. One step in making sport and recreation inclusive for all is to ensure the spaces where their activities occur are accessible for all potential participants. [Check out the map here.](#)

CPRA NEEDS YOUR HELP!

- A significant barrier to the participation and retention of girls, women and gender diverse people in recreational sport is access to recreation facilities in their communities.
- Another barrier to girls', women's, and gender diverse people's participation and retention in recreational sports programs is the design of the facilities.



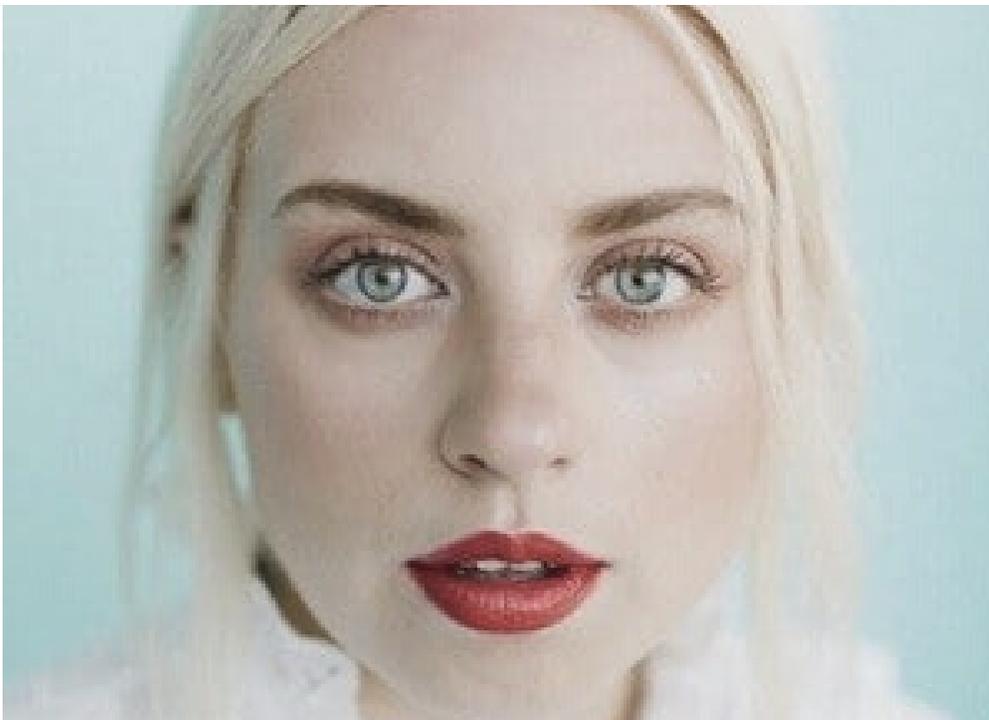
In order to address the issues, the Canadian Parks and Recreation Association identified four key areas that needed training tools: leadership, organization culture change, community engagement, and evaluation. CPRA is seeking help to support these four areas by finding out what is happening in communities across Canada. [Learn more here.](#)



HAYLEY WICKENHEISER DOES IT ALL!

- On May 15th, Hayley Wickenheiser, Olympic Gold Medalist, became Dr. Hayley Wickenheiser, Olympic Gold Medalist.
- On May 17th Dr. Hayley Wickenheiser, Olympic Gold Medalist was elevated to Senior Director of Player Development for the Toronto Maple Leafs.

Athletes are frequently told to "stay in their lane" or "stick to sports," but Dr. Wickenheiser is a perfect example of why we should never box athletes in. The sport is what athletes play, but it isn't who they are, nor does it mean they can't excel in other fields or have different interests. As parents, guardians, coaches, and administrators, we must encourage athletes to have interests outside of their sport. We must also foster a space for them to pursue those interests without reprimanding them for missing a training session. [Read more about Hayley here.](#)



CONVERSATIONS WITH KENZIE

- Kenzie Brenna is a Canadian advocate for body acceptance. On her podcast, she is joined by experts, with representation from research scientists, relationship experts and everyone in between

- Kenzie's online presence is focussed on challenging diet culture: the set of norms, attitudes and beliefs that stigmatize people in larger bodies, attaches value or morality to certain bodies, behaviours and foods and hold thinness as the ultimate body and lifestyle goal. If you're interested in learning more about diet culture, or how to begin to disconnect from it, Kenzie's [podcast](#) and [Instagram](#) are both great places to check out!

This podcast is an excellent resource for anyone looking for thought-provoking content related to bodies, mental health, wellness and healthy relationships. [Listen to the podcast here.](#)



FEMALE LEADERSHIP NETWORKS

[VALLEY FEMALE LEADERSHIP NETWORK](#)

[FUNDY FEMALE LEADERSHIP NETWORK](#)

[SOUTH SHORE FEMALE LEADERSHIP NETWORK](#)

VOLUNTEER, EMPLOYMENT AND MENTORSHIP OPPORTUNITIES

[SPORT INFORMATION RESOURCE
CENTRE: SIRC CAREER PORTAL](#)

IMPORTANT EVENTS

[MAY 4-27 AND JUNE 1-24:
AFROCENTRIC MIND BODY
BREATH](#)

[JUNE 10-11: CONVERSATIONS
2021 - WOMEN AND SPORT](#)