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TAKING CARE OF THE VALLEY NEWSLETTER

We're excited to share with you what the Taking Care of the Valley project has been up to. Launching this newsletter, talking with caregivers and business owners, and participating in local markets have been keeping us busy. And we're excited to invite you and others women caregivers to our upcoming retreat happening in Canning. We'll use this newsletter to keep you updated on the project. Figuring out how we can best do that may take us a few issues, so please share what you'd like to see!

Thanks for taking the time to read this newsletter. If you want to learn more, have any questions, please reach out to us.

Email: takingcareofthevalley@pierlabs.ca

Call : +1 (844)-217-0828

FEBRUARY 13TH CAREGIVER RETREAT IN CANNING

Do you identify as a woman who is working while being a caregiver?

Do you like free foot massages, free Valley-grown tea, or free baked goods?



Are you living or working near Canning?



On February 13th, we are hosting an event at the Canning Lion's Club to help take care of Valley caregivers. They'll be free tea, treats, foot massages, and some information about the Taking Care of the Valley project. Details are below and all are welcome. We hope to see you there!



Canning Lion's Club

1000 Seminary Avenue

Monday February 13th, 3-5pm

Tea by Courtney of [Olde Furrow Farm](#)

Foot massages by Marie of [Little Piggies Reflexology](#)

PROJECT UPDATES

LEARNING IN THE VALLEY

We started our research, and have been talking with working women and small business owners about caregiving challenges they face.

We're still looking for people so do reach out if you are interested in taking part!

7/26

We've had 7 caregivers participate

4/10

We've had 4 business owners participate



MARKETS IN THE VALLEY

We attended Senior Wellness Day at the New Minas Superstore in November, the Community Inc.

AccessABLE Craft Fair in

December in Windsor, and

Wolfville Farmers Market in

January to connect with people and share info about the project.