

on the HORIZON



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Welcome

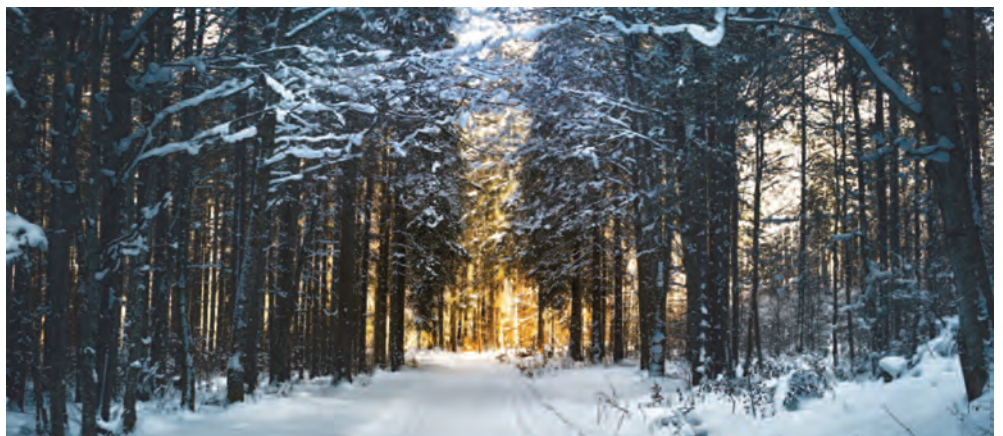
Whether they stem from business or personal situations, our relationships are what support us, connect us, and allow us to progress in all aspects of our lives.

Michelle Tillis Lederman

Another year has come and gone, and with it a deep sense of satisfaction of a 'job well done'. We have had the pleasure of working with a number of organizations on important initiatives throughout the past year, both locally and nationally, and treasure the experiences and relationships we have made and built along the way. These relationships continue to grow, change, enrich our lives, and support us as we grow and change. We are truly thankful for the work we do, and the people we can call friends.

Please join us as we revisit some of those special opportunities and moments that have happened over the past few months.

Cari Jean Vicki



Please note: Throughout this newsletter, all embedded links are identified by **purple text** and underlining.



The Horizons Team

Executive Team

Cari Patterson
Jean Robinson-Dexter
Vicki Crowell

Circle of Associates

Angela Day
Anne Stieger
Barbara Kaiser
Bob Kanygin
Carolyn Campbell
Clare LeBlanc Northcott
Craig Moore
Elaine Rivers
Joanne Hussey
Joanne Linzey
John Colton
Nicole Priddle
Marion McCahon
Paula Hutchinson

Research Assistants

Berta Klooster
Dana Pettipas
Emily Kathan
Marie-Claire MacPhee
Michelle Wolf
Penni Burrell
Sandra Bornemann
Susanna Steinitz
Tressie Dutchyn
Trudy Watts

Administrative Assistants

Ashley Boudreau
Cynthia Keizer
Erin Wolfe
Helen Woodward
Shannon MacLean

Support

Greg Tutty, Graphic Design
Jeff VanderWal, Information Technology



Reflection

The holidays will soon be here and many of us become caught up in finding the perfect gifts for family and friends. As my children, who are now all in their twenties, have gotten older, I have tried to focus on presents that will be things that will last for a long time and be valuable to them – and not necessarily in a monetary way. So it was with interest that I found an article recently about gifts that really matter – according to science. Well, as you know, *Horizons* is known for taking a research-based approach in our work, so perhaps we should look at this evidence, when thinking about gift-giving!

The article also identifies that considering these gifts also has health benefits (tying nicely with our *Fountain of Health* work) for the giver, receiver, and the environment – a win-win-win.

The gifts are:

- Your words – practice and express gratitude to family and friends. Let them know, face to face or in a note, why you are grateful for them, and the impact they have had.
- Your detective skills – before making a charitable gift, investigate how that gift will be used and what its impact will be. You will be happier knowing.
- Your help – volunteering has a positive effect on health. Check out local opportunities in your community.
- Your company – connect socially and spend time with family and friends.
- Your local loyalty – support your community and the environment by choosing locally made gifts and food.
- Your time – help out a friend, go for coffee, and/or spend quality time with someone who could use some company. You – and they – will be happier because you did.

We hope you will have the opportunity to give and perhaps be the recipient of some of these gifts, not only over the holiday season, but also as we move into a new year.

Wishing you all the blessings of the season,

Jean

(Source: *Sage*, November/December 2018)



Meeting Members of Horizon's Team

Team Profile

Carolyn Campbell
Circle of Associates



Over the last couple of years, we have had the pleasure of working with **Carolyn** on initiatives promoting the advancement of truth and reconciliation. Most recently, Carolyn has been the lead designer and principal facilitator of our *Stepping Up: Non-Indigenous People's Role in Truth and Reconciliation* course. Our thanks to Carolyn for her skills, knowledge, and willingness to help us move this important work forward.

Carolyn was born in Middleton, Nova Scotia and, other than 14 months in Ottawa to attend university, has spent all her life in Nova Scotia. Her heart and home are on Lumsden Dam, above the Gaspereau Valley, but during the winter she experiences urban living by moving to Wolfville. As a retired social work practitioner and educator, she brings experience in counselling, teaching, group facilitation, program planning, and project development to her work with *Horizons*.

One of her most cherished roles is that of 'Auntie' to six young adults and 'great Auntie' to three little people. Carolyn is also a sister, a friend, a swimmer, a boater, a reader, a clay builder, and a beginning weaver.

Currently she is particularly passionate about joining with other non-Indigenous people as they explore their roles and responsibilities for truth and reconciliation with Indigenous people.

A Warm Welcome

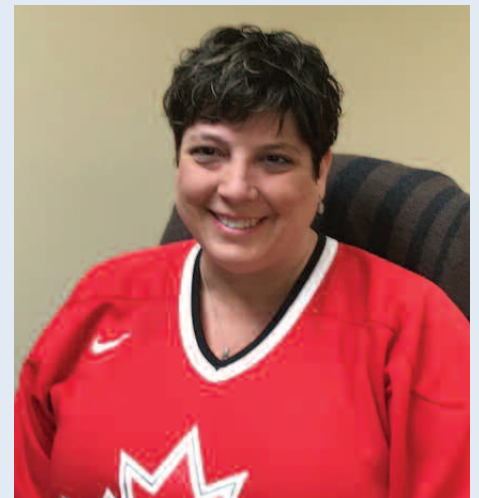
Horizons would like to extend a warm welcome to new *Horizons* team members, **Dana Pettipas** and **Tressie Dutchyn**. Dana and Tressie joined our team as Research Assistants this fall, and we look forward to working with them both in the near future.

Tressie Dutchyn
Research Assistant



Originally from Ontario, **Tressie** fell in love with Nova Scotia when she moved here in 1984. In 2012, she returned to Ontario when offered a position as Research Officer with Brock University. Last fall she returned to her beloved South Shore. She has volunteered in areas of social justice, animal rescue and welfare and is a passionate advocate for the environment. She currently volunteers with *ElderDog Canada* and is working towards accreditation as a canine behaviourist.

Dana Pettipas
Research Assistant



Dana was fortunate to find her passion in community development after leaving an administrative assistant position in early 2008. As a certified Career Development Practitioner, her work has expanded to include a more holistic approach including peer support work focusing on mental health challenges. Dana is passionate about continuing the cultural teachings of First Nation and African Nova Scotians as she believes people get their strength from the community in which they are born. Dana and her partner, James, live with their miniature poodle, Shyløe in Mulgrave, Nova Scotia.



Current Contracts

■ Research and Evaluation Leadership • (Cari, Vicki)



Cari continues to focus her full-time efforts leading research and evaluation work for [Inspiring Communities](#), with **Vicki's** behind-the-scenes support in a number of areas. Cari is a member of the provincial team for Inspiring Communities, and is very pleased to be working closely with and learning from **Annika Voltan** (Executive Director) and **Paul Shakotko** (Senior Director).

Cari was pleased to host the Inspiring Communities team for a two-day retreat at her home in early November (*pictured at right*.) It was an important relationship building experience; everyone had fun and ate well, while building capacity around systems thinking and facilitation techniques. The leadership team from [Homeless No More](#) joined the team for a very pleasant dinner and evening networking session.



At the provincial level, Cari is leading the process of developing agreements between Inspiring Communities and provincial government departments to share data, working with [211](#) to access data about community resources and needs, building in-house capacity to access data directly from the [Community Data Program](#), and preparing to conduct the first evaluation of Inspiring Communities, beginning in January. We're pleased that Inspiring Communities served as the first in-depth case study for the newly-formed Developmental Evaluation provincial community of practice.

Cari is working closely with **Elaine Rivers**, **Jamie Gamble**, and **Bette Watson-Borg** to plan a formative evaluation for [Between the Bridges](#), which we will implement over the winter.

Evaluation planning is also underway for [Northside Rising](#). Working closely with **Dan Bunbury**, **Megan MacLeod**, **Eric Leviten-Reid**, and **Ethan Fenton**, Cari is preparing for conducting an early-phase evaluation of Northside's work, which will also take place over the winter.

[Inspiring Communities Digby](#) is in the early stages of its community engagement process. Cari and **Paul Shakotko** worked closely with **Jill Balser** and **Susanna Steinitz** to prepare and support an enthusiastic team of 27 community-based Research Assistants (RAs), (*right*), from all different backgrounds and ages, in conducting a survey of community residents. They asked people what they love about their community, what they are concerned about, and what they would like to see happen to improve life in the community. This amazing group of RAs collected a whopping 823 responses in just over a month, and they were a joy to work with. We are now beginning the analysis process.



For an overview of progress in the three communities, please check out the new [Dashboard](#) – roll the mouse over the circles to access the narrative for each community.

Inspiring Communities is now a not-for-profit organization; its inaugural Board met for the first time in late October. Board members are **Jill Provoe** (Dean, School of Access, NSCC), **Joanne Linzey** (retired) (Chair), **Mike Davis** (Partner, **Davis Pier Consulting**), and **Ryan Veltmeyer** (Co-Executive Director, Youth Art Connection).

(Cont'd.)



Current Contracts (Cont'd.)



■ Not For Profit Development Support • (Jean)

As a separate contract with [Inspiring Communities](#), we're supporting the organization's transition to becoming a not for profit organization. We're assisting with developing the Memorandum of Association and by-laws, creating terms of reference for the Board of Directors and key committees and teams, and we have created an initial draft of a policies and procedures manual.

■ Fountain of Health 2018 • Canadian Coalition for Seniors Mental Health Projects • (Jean)



Our work with the [Fountain of Health](#) (FoH), the national brain health initiative, continues on a number of fronts. We continue to provide a combination of project management, strategic leadership, and secretariat services to national, Atlantic and Nova Scotian initiatives. Since our last newsletter, through the [Canadian Coalition for Seniors Mental Health](#), (CCSMH) we have been focused on helping to create a successful application to the [Centre for Brain Health + Innovation](#) for \$425,000 to scale up the FoH work piloted with Nova Scotian clinicians. The [Brain Health & Wellness Project](#) is now up and running, and we have been part of hiring staff, planning and facilitating the project's in-person meeting in Halifax, developing and refining work plans and tools, and assisting the project's core team in managing the work.

An aspect of the project that everyone can take advantage of is [The Wellness App](#), a web-based app, usable on any device, that you can use to look at your own health and wellness – you set a small, doable health goal, to work on over 4 weeks, in an area known to promote brain health and wellness. The Wellness App will also remind and encourage you along the way!



We continue to provide support for the *Atlantic Seniors Mental Health Network* (ASMHN) by updating a contact list of clinicians in any sector interested in this issue, and drafting content for the Atlantic section in the *CCSMH* newsletter and *Canadian Geriatric Psychiatry* annual report. We've also continued to update the *IKEN*, the *Interprofessional Knowledge Exchange Network*, a national listing of knowledge transfer opportunities for health providers working in seniors' health. We've also participated in and supported meetings of the *FoH National Leadership Team* (planning for and facilitating its first Annual Meeting, as a not for profit organization), the Nova Scotia core team, and the *ASMHN*.

■ Environmental Scan to Review Treatment Centre Governance Models • Atlantic Policy Congress of First Nations Chiefs Secretariat • (Jean, Marion, Penni)



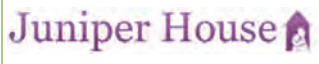
The *National Native Alcohol and Drug Abuse Program* (NNADAP) and the *National Youth Solvent Abuse Program* (NYSAP) fund treatment centres across Canada through *Indigenous Services Canada*. The funding helps Indigenous and Inuit communities develop local programs aimed at preventing alcohol, drug, and solvent abuse, and to help restore the well-being of individuals and communities.

We were recently contracted by the [Atlantic Policy Congress of First Nations Chiefs Secretariat](#) (APC) to conduct an environmental and best practice scan related to Atlantic First Nations treatment centres' regional priorities. This scan will build on work already completed around the centres' current governance structures.

(Cont'd.)



Current Contracts (Cont'd.)



■ Safety Assessment & Risk Management Approach Evaluation • Juniper House • (Jean, Cari)

Juniper House provides a safe refuge for women and their children who have experienced abuse. The organization maintains a 15-bed shelter, 24-hour crisis line; provides supportive counselling, programs, advocacy, referrals and outreach to women in Yarmouth, Digby and Shelburne Counties in Nova Scotia; as well as programs in the community aimed at preventing violence and abuse. In 2012, the organization became aware of a new model of working with women to identify and recognize safety concerns. The Safety Assessment and Risk Management package, developed by **The Redwood**, a shelter and outreach service in Toronto, was developed for women who have experienced violence, and shifts the focus to safety assessment and risk management.

Juniper House recently received funding to implement an adapted version of this suite of tools for their services in rural Nova Scotia. Our role is to monitor and evaluate the implementation process over the next year, tracking learnings, successes, challenges, and adaptations along the way. We'll be using a variety of data collection tools with staff, women who the organization serves, and the project coordinators.

■ Design of Evaluation Plan • Antigonish Women's Resource Centre • (Jean)



In January 2018, *Status of Women Canada (SWC)* announced the launch of the first call for concepts under the *Gender Based Violence (GBV)* Program, with \$20 million in funding for organizations to test promising practices to address gaps in supports to survivors of gender-based violence. We are working with the **Antigonish Women's Resource Centre (AWRC)** to design the preliminary evaluation plan that will be included in their proposal to SWC for this funding.

■ Health Facility Needs Assessment • Glooscap First Nation • (Jean, John)



Early in the New Year, we will be working with **Glooscap First Nation** to conduct a health facility needs assessment for the community. The assessment is the first step of the *Health Facilities and Capital Program (HFCP)* of the *First Nations and Inuit Health Branch (FNIHB)*. This program assists First Nations and Inuit funding recipients design, develop, implement, coordinate and evaluate capital projects required to support the delivery of health services in their communities.

Our work will include a demographic analysis of the community to identify trends that may impact health services; building a community profile through a document review, an inventory of health-related programs and services; and interviews and focus groups with community members and key stakeholders to identify community assets and challenges. We're very excited to be working with our friends in Glooscap again!

■ Developing a Theory of Change • Homeless No More • (Cari)



Early in the new year, Cari will be working with **Homeless No More** to develop a **theory of change** for their work. A theory of change describes how and why a desired change is expected to happen in a particular context. It maps out the spaces between a program's activities, and describes how they lead to the desired goals being achieved. First, stakeholders identify the desired long-term goals, and then work backwards to identify all the conditions that must be in place (and how these related to one another causally) for the goals to occur. These are all mapped out in an '*Outcomes Framework*'.

"One-third of Canada's homeless population is between the ages of 16-24."



Recently Completed Contracts

■ Partnership Model • Community INC and Canadian Mental Health Association (CMHA) – Kings County Branch • (Cari, Penni)



In the summer and fall of 2018, we conducted a review with the *Nova Scotia Works Governance Committee*, a joint committee of *Community Inc* and *Kings CMHA*. The purpose of the review was to examine the current model of shared management for Nova Scotia Works services between Community INC and CMHA – Kings, and to recommend any adaptations to improve the model for the next proposed phase.

We met with the Governance Committee to discuss the context and history of the shared management process, conducted interviews with Governance Committee members, and conducted an Internet search to identify any existing models of shared management that could be valuable for informing the next iteration of this model. When it became clear that there was no directly relevant model, the search focused on information that could best support the two organizations in adapting/maximizing the existing model.

Based on the combined wisdom of the Governance Committee members, on the information identified through the Internet search, and on our experience, we prepared a set of conclusions and recommendations about the shared management model, and refined the model with the Governance Committee. Our recommendations informed a new Memorandum of Understanding between the organizations, which is now being implemented.

■ Taking Flight Evaluation: Promotion and Supporting Sustainable Relationships in Mental Health & Addictions Services for Mi'kmaq in Nova Scotia • Confederacy of Mainland Mi'kmaq • (Cari, Jean)



The mandate of *Taking Flight* was to enhance culturally safe and relevant mental health and addictions programs and services for First Nations people in Nova Scotia. It focused on building relationships among First Nations communities/organizations in Nova Scotia, the Nova Scotia Health Authority, the Nova Scotia Department of Health and Wellness, Indigenous Services Canada-First Nations Inuit Health, and the IWK Health Centre.

Our work to evaluate the process of this group coming together and the outcomes that resulted is now complete, with the submission of our evaluation report in late October.

■ Chronic Disease Prevention and Management Strategic Action Plan • Atlantic Policy Congress of First Nations Chiefs • (Cari, Jean, Joanne H, Penni, Sandra)



Over the last year, we worked with a sub-committee of the [Atlantic First Nations Health Partnership's Public Health and Primary Care Committee](#) to develop a regional *Chronic Disease Prevention and Management Strategic Action Plan*. The plan supports community based health promotion practices and programs and chronic disease management programs, identifies strategies to build supportive environments, and shares programs and services that have been shown to be successful in having an impact on chronic diseases. The strategy was developed through an iterative process, and in September was approved (*with applause*) by the Health Partnership.



Photo by Kate Dexter



Stepping Up: Featured Work

Non-Indigenous People's Role in Truth and Reconciliation

We were given amazing privilege this fall. As facilitators of the **Stepping Up** course we spent 24 hours with 30 people who, with humility and bravery, explored what it means to be a Settler on this unceded territory of Mi'kma'ki. Together we surfaced painful truths of our colonial past, considered the fundamental assumptions that keep colonialism alive and well, practiced challenging these assumptions, and committed ourselves to acting in ways that give meaning to the phrase 'we are all treaty people'.



Participants of our Tuesday evening Stepping Up course.



Participants of our Thursday evening Stepping Up course.

that Non-Indigenous peoples have historically not recognized or accepted our role in the *Truth and Reconciliation* process, we are encouraged by the current indications that Non-Indigenous people may be willing to 'Step Up' to the challenge of creating new relationships.

Please visit our [Advancing Truth and Reconciliation](#) Facebook page for information about resources, activities, and local collaboration efforts around advancing truth and reconciliation. As well, information about structured opportunities to learn, share, and connect with Indigenous people will be posted here as they become available.

Regular readers of our newsletter will know that this is the second time we have offered the **Stepping Up** course. In the fall of 2017, 16 people completed the 8-hour course. In September/October of 2018, we expanded the course content to 12 hours and offered two sections, enabling 30 people to complete the course. The *Diversity Kings Committee (Municipality of the County of Kings)* has been supportive partners since the beginning and in 2018 we received support from the *Nova Scotia Department of Communities, Culture and Heritage* for the fall courses.

Our Circle of Associates member **Carolyn Campbell** was the lead designer and facilitator of the Stepping Up Course. Carolyn tells us that being part of this course is a central component of her journey of self-mandated decolonization. She commented that "this journey touches my mind, my body, my heart, and my spirit. By times it is a very unsettling journey. Some of the truths I have uncovered are shocking and distressing and I have really struggled to 'stay with' the journey. Knowing that there are many others who want to travel this same path, who are committed to staying with the discomfort, and who are willing to challenge and support each other is uplifting and energizing. I look forward to continuing this work with Horizons."



Reflections of Course Participants

The course process and content are guided by several core beliefs. We understand reconciliation to be grounded in relationships among people, communities, governments, and, most importantly, in relationships to and with the Land. We believe in the importance of 'doing our own work': of coming together as Non-Indigenous people to nurture the humility and intentionality required to create new relationships. Finally, while we believe

On November 13th, the participants of the *Stepping Up* course, both past and current, visited and shared a meal with Glooscap First Nation Chief and Council members. Participants had an opportunity to share their learnings, and how their experiences with the course will influence their future work and actions.

Stepping Up has been a tremendous journey for me. Stepping Up provided an opportunity to process the truth that I am a Treaty Person and therefore, I am a partner in Canadian/Indigenous history and Canadian/Indigenous current relation-
(Cont'd.)



Featured Work

Stepping Up:

Non-Indigenous People's Role in Truth and Reconciliation

ship. *Stepping Up* explored the powerful relationship between our First Nations peoples and the land and how that shapes identity for a First Nation person. Participants were guided through both historical and current affairs including a brief look at the treaties, the Indian Act and Residential Schools. This was a powerful, transformative, equipping experience that I am very grateful for and long for a *Stepping Up* Part 2!

- Wendy

I learned more about the importance of land to identity and I understood this connection more deeply in the context of *The Peace and Friendship Treaties*. This new understanding informs my words during land acknowledgement and informs my work sharing healthcare as Mi'kmaq share their land and resources and knowledge.

- Mardi



Stepping Up Highlighted in CRRF Best Practices Reader

Our **Stepping Up** course has been highlighted as a best practice in the **Canadian Race Relations Foundation (CRRF)** biennial **Best Practices Reader**. The CRRF Best Practices program showcases the diverse efforts of Canadians from all backgrounds to promote positive race relations across communities.

Recent Events & Happenings

World Community Development Conference 2018



Cari and **Jean** participated in the **World Community Development Conference** in Maynooth, near Dublin, Ireland at the end of June. It was the **International Association of Community Development's (IACD)** 65th anniversary conference and included a reunion of current and past IACD Board members (**Cari** served as Secretary General for several years). The theme for the conference was **Participation, Power and Progress: Community Development Towards 2030 – Our Analysis, Our Actions**. The conference provided an opportunity for academics, policy makers, funders and other stakeholders to share perspectives on current contexts and challenges for community work, with presentations for addressing and engaging locally, nationally, and internationally with a variety of key current issues.



Cari and Jean at the World Community Development Conference held at Maynooth University in Ireland, June 24-27, 2018.

Liverpool International Theatre Festival

Jean and her LITF team once again welcomed the world to Liverpool and the 14th Biennial *Liverpool International Theatre Festival*, October 18–21. Amateur theatre troupes from Wales, Bangladesh, Nepal, Mexico, Iran, Peru, Egypt, and Canada participated in this competitive festival for one act plays. The festival was very successful, in its move from the May long weekend to the Fall dates, as well as for the calibre of performance on the stage.

The Festival also offers the opportunity for local youth to participate in professionally led workshops and the experience of approximately 30 young people culminated in a performance at the Sunday evening closing ceremonies.



The Oliver's Bench team attend their Coffee Critique held the morning after the play. Greg is mid-picture wearing a black sweater, and Jean is seated on the far right.

Our *Horizons* graphic designer, **Greg Tutty**, can also take a bow – his play, *Oliver's Bench* (which Jean produced), received a special Adjudicator's Award for outstanding ensemble, and was nominated in all categories it was eligible for.

To learn more about the festival, visit our website, www.litf.ca or Facebook page.



Events (Cont'd.)

Canning Area Food Bank

In October, the **Devour Food and Film Festival** held its second annual BBQ chicken dinner fundraiser for local food banks. More than 800 chicken dinners were prepared by celebrity chefs and enjoyed by food bank families and supporters.



Cari, with another Canning Area Food Bank Board member Anne Marie Lewis and her daughter Willow, welcoming guests to the chicken BBQ.

Each December, the *Canning Area Fire Department* organizes a food drive to fill the shelves of the *Canning Area Food Bank*; they drive the firetrucks on every road in the fire district collecting donations of food and cash. Firefighters' families and food bank volunteers prepare and serve lunch at the fire hall, and sort the donations at the food bank. This year's contributions totaled \$7,158.25 in cash, and 3084.9 pounds of food, a total value of \$14,870.50.



Cari's Mom, Joan Patterson (visiting from Saskatoon) and volunteer Gary Long, getting ready to sort donations at the food bank

Having Some Fun!



In late November, **Cari**, her partner **Joanne**, and her Mom **Joan** traveled to NYC to hear Joanne's sister's choir perform the Messiah at Carnegie Hall.



While on summer holidays, **Jean** visited *Richibucto River Wine Estate* with her Dad, **Jack**, brother **Jim**, and daughter, **Kate** (not pictured). The winery is located near Jean's family farm in New Brunswick.



This summer, **Vicki** and her family travelled to Alberta to visit family, and were fortunate to experience a lot of what Alberta has to offer. They attended the *Calgary Stampede*, sat in relaxing hot springs, and saw some of the most beautiful landscapes you could ever imagine!



Cari aboard Scott's 1901 Antarctic research vessel *Discovery*, now moored in Dundee (where she was built)

Cari and her partner **Joanne** traveled to Dundee Scotland in August, to attend *IACD* friends **Stewart** and **Julie Murdoch's** daughter **Nina's** wedding. A highlight was connecting with dear friends on a quick tour of Dundee's historical and cultural sites.



Holiday Break

Horizons will be closing for the holidays on December 19th and will return to the office on January 2nd.

Happy holidays to everyone!



Upcoming Events

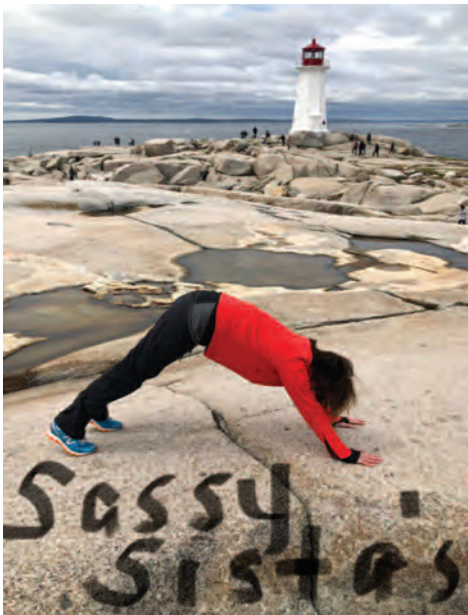
Spring Into Action 2019



Mark your calendars! Our annual Spring Into Action challenge will take place April 8 - May 19, 2019.

Spring Into Action is an annual six-week challenge with the goal to get everyone up and moving at least 30 minutes each day, five days each week, to improve and sustain our health and well-being, and we like to have some fun while we do it! You can participate as an individual, or gather your co-workers, friends, and family and participate as a team. There are opportunities to win great weekly prizes, and grand prizes will be awarded at the end of the challenge.

Watch our webpage for more information or join us on Facebook for details in early spring. We look forward to hearing from you!



Member of CHT Sassy Sista's doing yoga at Peggy's Cove during the 2018 challenge.



www.wcdc2019.org.uk



PEOPLE, PLACE AND POWER

24-26 June 2019

Dundee, Scotland

#WCDC2019

The **2019 World Community Development Conference**, *People, Place and Power*, is scheduled for June 24-26th at the University of Dundee in Dundee, Scotland, and will also have an optional two-day practice exchange. The theme "*People, Place and Power*" reflects the contemporary challenges facing society and provides the context within which community development practitioners, activists and academics can explore their responses to these issues.



P.O. Box 2404
Wolfville, Nova Scotia B4P 2S3

902.542.0156

email: admin@horizonscda.ca

[Facebook](#) and [Twitter](#)

www.horizonscda.ca

joy



Wishing you a wonderful holiday season and a new year of peace and happiness.

Cari Jean Vicki

