



# RURAL COMMUNITIES FOUNDATION of NOVA SCOTIA

*Dedicated to a prosperous and  
thriving rural Nova Scotia!*

## *Spark the Change Youth Leadership Retreat*

### *A Rural Nova Scotia Community Success Story*

**I**n April 2016, Antigonish Women's Resource Centre and Sexual Assault Services Association received a 2015 RCF Leadership Grant to host *Spark the Change*, a weekend retreat for rural high school students from 14 schools across Nova Scotia. The goal

of this project was to engage youth in workshops, leadership training, and interactive sessions around relationship violence, healthy communities, and supporting youth activism.

Project facilitator Erin Wynn said retreat participants took what they learned back to their communities so others could benefit and be inspired to 'spark the change' in their schools and districts. "The youth themselves also feel more confident in the work they are doing to prevent violence amongst their

peers, and have gained leadership training and a more developed analysis around community violence."

*Spark the Change* is a success because of the overwhelmingly positive response from participants. They reported an increased sense of duty to their communities, a more impassioned stance on gender inequality, and a broader understanding of challenges facing Nova Scotia youth.





RURAL COMMUNITIES  
FOUNDATION  
*of* NOVA SCOTIA

### *Our Mission:*

---

**To build on the strengths of Nova Scotia's  
rural communities by stimulating and establishing  
philanthropic giving, to develop a permanent endowment  
and to grant funds.**

PO Box 1516, Truro, Nova Scotia B2N 5V2  
902-897-2444

[info@ruralcommunitiesfdn.ca](mailto:info@ruralcommunitiesfdn.ca)  
[www.ruralcommunitiesfdn.ca](http://www.ruralcommunitiesfdn.ca)

 [facebook.com/RuralCommunitiesNS](https://facebook.com/RuralCommunitiesNS)

 [@RCFofNS](https://twitter.com/RCFofNS)

 [linkedin.com/company/rural-communities-foundation-of-nova-scotia](https://linkedin.com/company/rural-communities-foundation-of-nova-scotia)

