

Nova Newsletter

By CAEFS Peer Advocates

June 2026

We are back – the Nova Newsletter has made it's return, and we're excited to share the 2026 Summer edition with you.

This newsletter has been created by CAEFS Peer Advocates with submissions from other people at Nova.

Submission for future editions can be given to Peer Advocates. Within this newsletter you can expect to find information, artwork, games, horoscopes and more with a new edition rolling out every three months.

Enjoy!



Events and Reminders

Employment opportunities are now posted on the job board in leisure! Check it out to see available positions and applications.

Be sure to view the calendar on the bulletin board in leisure for upcoming events, programs and services.

What is Juneteenth

Juneteenth celebrates the end of slavery in the United States, specifically marking June 19, 1865, when enslaved Black Americans in Galveston, Texas, finally learned they were free. This news arrived two and a half years after the Emancipation Proclamation officially banned slavery in the U.S.

Today, it is a U.S. federal holiday focused on Black freedom, culture, and resilience.

While Juneteenth is a uniquely American milestone, its history is deeply tied to Canada through the movement of people and the shared fight for freedom. Abolishment of slavery in Canada took place on August 1st 1834.

PRIDE

DECRIMINALIZATION

On May 14, 1969, Canada decriminalized homosexuality with the passage of the Criminal Law Amendment Act. It received royal assent on June 27, one day before the Stonewall Riots in New York.

PRIDE

WE DEMAND RALLY

On August 28, 1971, Canada's first gay rights march took place in pouring rain at Parliament Hill in Ottawa. The protesters presented a petition for equal rights and protections to the government.

PRIDE

DIAGNOSTICS

In December of 1973, Homosexuality was removed as a 'disorder' from the Diagnostics and Statistics Manual of Mental Disorders.

PRIDE

IMMIGRATION

The Immigration Act came into effect on April 1, 1978. This new amended Act lifted a ban that had prohibited homosexual immigrants to Canada.

PRIDE

HUMAN RIGHT

In 1992, the Canadian Human Rights Act was amended to include sexual orientation as a protected ground, providing legal protection against discrimination at the federal level.

PRIDE

SAME SEX MARRIAGE

On July 20, 2005, bill C-38 became federal law which gave same-sex couples the legal right to marry, making Canada the fourth country in the world to allow same-sex marriage.

PRIDE

RAINBOW FLAG

On June 1, 2016, for the first time in Canadian history, a pride flag was raised on Parliament Hill in Ottawa. This was in recognition of the people who have worked tirelessly to secure equal rights for LGBTQIA+ Canadians.

PRIDE

OFFICIAL APOLOGY

On November 28, 2017, Prime Minister Justin Trudeau made an official apology for Canada's role in the criminalization, oppression and violence towards the LGBTQ+ community.

Updated Hairdresser Pricing

Service	Price	Tax	Total
Perm, Relaxer or Texturizer	\$91.00	\$12.74	\$103.74
Colouring	\$81.00	\$11.34	\$92.34
Highlights (full head)	\$89.00	\$12.43	\$101.46
Highlights (single foil)	\$9.00	\$1.26	\$10.26
Bleaching	\$91.00	\$12.74	\$103.74

Walls to Bridges

Fall 2026 – (Seminar in Family Issues)

The Walls to Bridges course, Seminar in Family Issues, is scheduled to begin in September 2026.

This is a post-secondary course for credit through Acadia University. There is **no cost to enroll** in the university credit; however, **full attendance is required once per week**.

Students who successfully complete the course will receive 3 credits from the Department of Sociology at Acadia University.

These credits may be:

- Applied toward future studies at Acadia University, or
- Transferred to most other colleges and universities

How to Apply

- Full details about the course and application process are available on the employment board and school area

Please reach out to SPO for more information

Advocacy Tip

Many people have asked us how to advocate to reside in the same living unit as their partner.

We suggest you start by submitting a request to your CM stating you would like to move into the same house as your partner. You can include any benefits that the relationship provides, particularly in relation to your ability to complete your correctional plan.

Save this request along with any communication pertaining to your relationship with your partner. This is also the same process you would follow to live with someone who is not your romantic partner.

If your request isn't answered, or is denied discriminatorily, you might consider filing a complaint. If the complaint process isn't effective in resolving your issue, you might begin a complaint with the Canadian Human Rights Commission.

Poetry From Our Peers

In deep without ladders
theres no escape from chained
conclusions, clouded lenses and narrow
scopes we remain prisoner in a hallow
frame & spend a lifetime trying to capture
the depths of fields but fall short
when we paralyze our vision

Baby
2026/05/25

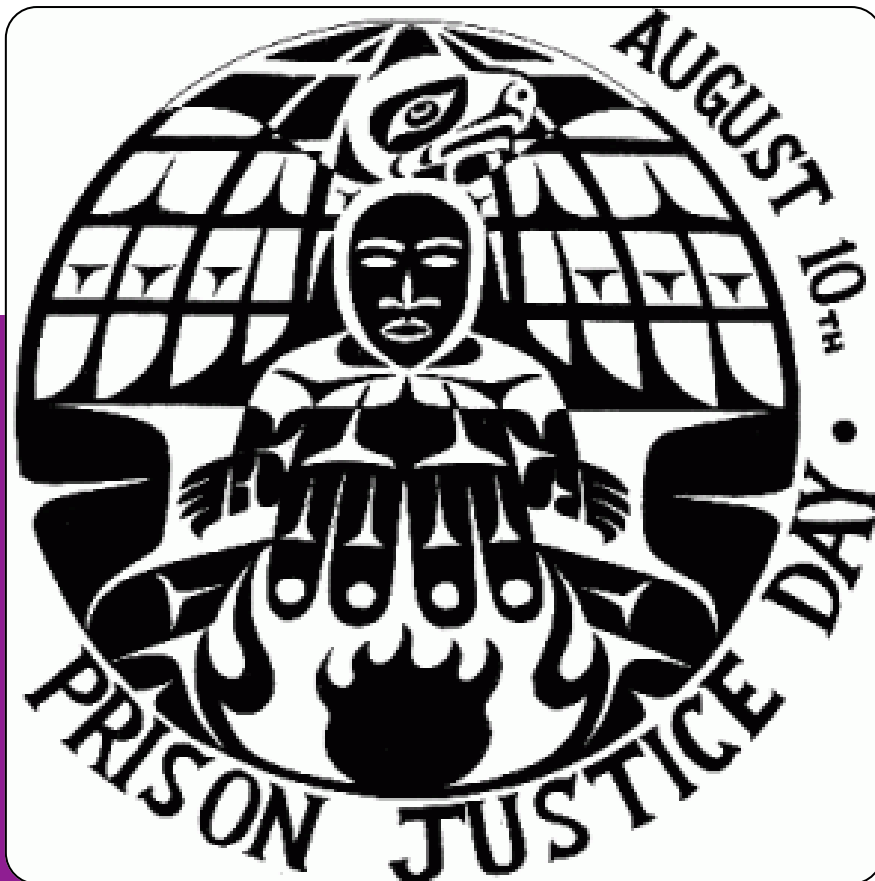


Image from prisonjustice.ca, artist unknown

Quick Tip

Wash your fruit before storing it on the counter top to prevent fruit flies. You can wash your fruit with either warm water or vinegar.



Pride Month

A I F O R I E N T A T I O N H I V Y O J Q A A C
J T K G O S M A T T A C H I N E S O C I E T Y W
O U G B Z H E O X Q G L S S T H G I R N A M U H
L H I N J X A W Y M H D C M J O Q F Z P K X P G
M A O Z E C I H U S I S M A I L L I W R J V E R
O I U Z U E P C I V E V N O T A C H O I C E E I
B T D X C X U E C N E T P E C C A Q O D V L S Y
E K T E E U X Q S T T I A E G B V W I E N E I H
R N E Q N S L C G R O O V X S T N W U C N S T G
G W R S K T I E S A I D R L Z S Y F M P O B I L
E J O U K U I B Q N R T B E G P G Z N D N I L L
F U J B S G F T Y S L D H P T M Z E R V F A I E
E Q B I N W V T Y G L G A K T E Q O N A I N B T
L K C J H I F J T E A I R I K V H W X D I P F T
L Y W N C H A W J N W V V Y A R Y F V U E D O N
V P C K O V P R V D E E E R U C G J V C I R S O
H F Y D M M G Z L E N F Y N Z A I J V L O R D
O B D Y I H H W S R O N M U R T M I L Z Z B E K
D N D G N O I L X M T I I X F F P F C P M W T S
G Y M L G Y H I E U S C L O D Z U Y L T O X H A
E K I A O G R R R Z W L K G C O N E I N C G G T
S N Y A U Z R F Z R S Y T I L A U Q E V H U U N
F R S D T M E N O S R S I X Y R A G Z P A W A O
P F Y T I L A U X E S O M O H Q W U S C T R D D



Daughters of Bilitis
Obergefell v. Hodges
Rev. J. R. Williams
Don't Ask Don't Tell
Mattachine Society
Stonewall Riot
Homosexuality
Human Rights
Not a Choice
Harvey Milk
Orientation
Transgender
Acceptance
Coming Out
Drag Queen
Bisexual
Equality
Identity
Lesbian
One Inc
Rainbow
Gender
Hetero
GLAAD
Pride
AIDS
CIS
Gay
HIV
Zhe

S D T P B X M R A V Q U E S T I O N I N G N F N
L E S B I A N K Q N I E O R I E N T A T I O N T
E G Z C M B S B R H D J Q S B N R E D N E G M W
W B R E I U Q S L D T R A U K J X L H F L S C O
C W I O H M V R G O E R O H P F X C E I V W S
D C N U S E C V X B M N L G Z D I L Q X K T K P
L A U X E S O M O H E S S U Y F F S E E T J M I
W A R E D N E G S N A R T A K N K S T E I T T R
T H O M O P H O B I A B V P V N O Z L O Z W L I
K L E D I R P G D Z C R T G T R I U Y Z R M O T
K P G J G A C C E P T I N G T K D E S B D Y P E
R R N W E W F I T X S D L E R X E R X N J K E D
U C I E N A A T P F S G H C A N T L B R Z W O
O S N L C N M V I Y V T A B B I T K A I A S B N
I V O G D S I Y C W T M U L X W I M U P I T I D
V B I N E O L A O U R E M I F O T P X H N O E T
A P T A I C Y U X P Y M I J N Z Y A E T B N I N
H J I I W A H S L H D S F C O T Q M S V O E X E
E D S R X S M O C T I R P G O O E F I T W W F R
B S N T H E D J I C G D T M A S U R B D Z A I E
P Y A G C X Z Y F C I K M L T X I J S U H L R F
P X R F C U F N D Q E O O N N M O O T E X L H F
Q K T V G A F O L X M P V S F K R X D N X Z Z I
A R V A G L I Q L A U X E S O R T E H M I M D

Transitioning	Two-spirited	Androgynous	Heterosexism	Orientation
Questioning	Transgender	Heterosexual	Homophobia	Homosexual
Behaviour	Stonewall	Accepting	Different	Intersex
Identity	Triangle	Bisexual	Society	Asexual
History	Rainbow	Lesbian	Choice	Family
Gender	Flags	Pride	Queer	Gay

Lets Talk About *Pride*

Canada's Bill C-150

Everett George Klippert was the last person to be imprisoned for homosexuality in Canada. In 1960, he is given four years in jail on eighteen counts of 'gross indecency'. He is arrested again in 1965, this time on four counts of 'gross indecency', which he appealed to both the North West Territories provincial court and then the Supreme Court of Canada, which upheld the sentence on November 7, 1967.

The controversial decision directly leads to legislation led by Pierre Elliott Trudeau to decriminalize consensual gay sex acts between two people in private. He famously says to the press, "There's no place for the state in the bedrooms of the nation."

The Criminal Law Amendment Act (Bill C-150), an omnibus bill that, among other things, decriminalizes gay sex, passes and comes in effect on August 26, 1969, however, Klippert remains in jail for another two years, finally released in July 21, 1971.

When the bill passes, many people in the queer community feel it has a personal effect for them, finally feeling legitimate in the eyes of the law. For others, particularly those with a more political/activist bent, the fact that gay sex was decriminalized didn't affect them much, as there were still so many other rights left to fight for.

Bill C-150, and the Stonewall riots in New York City the same year, help mark the beginning of change as our community stands up for their liberation from oppression at long last.

What is 2SLGBTQI+?

Acronyms like FAQ (Frequently Asked Questions) are a common way to communicate a lot of meaning with few characters. 2SLGBTQI+ is an acronym that seeks to represent everyone who belongs to sexually and gender-diverse communities. It starts with 2S to recognize that Two-Spirit people were the first in Canada to honour sexual and gender diversity. The next letter is L for lesbian, then G for gay, B for bisexual, T for trans, Q for queer, I for intersex, and the + symbol, which represents additional groups, as our understanding and terminology grows. Language is fluid—as it evolves, the acronym might still change. The point of this inclusive language is to recognize the diversity that exists when it comes to sexuality and gender identities and expression.

Poetry From Our Peers

"The Cycle"

You are going to have those days,
where you go through a phase.

That with the blink of an eye,
it will feel that no matter how hard you try
that if you let your guard down,
it will pull you to the ground.

Once again you'll feel that wicked grin,
that's all it takes for it to begin.

You are off the tracks, just like that
it all happens so fast!

It leaves you searching on the floor
begging and pleading that you'll find more.

At that point it's actually quite a sin,
because you are right back to where it all
begins.

Feeling bad, feeling sad,
don't forget about feeling really mad.
Mad at yourself for not having a better
grip.

Then you'll have your crying fit
next you think you're going to hell,
and again you beg and plead that nobody
tells!

Then the cycle starts what more,
is this all my life has in store?

– Jennifer Coleman



Artwork requested by peers

Policy Spotlight:

CCRA s. 40(1)

Where a staff member believes on reasonable grounds that an [incarcerated person] has committed or is committing a disciplinary offence, the staff member shall take all reasonable steps to resolve the matter informally, where possible.

Reintegration & Community Resources

Women's Unlimited

Nova Scotia

Women's unlimited is a 14–16 week free career exploration program for women looking to enter the trades and technology sectors. The program frequently partners with transition and justice organizations who help people rebuild their lives post-incarceration. Women's unlimited provides hands-on experience across 25+ different trades and technology areas along with industry visits and confidence building. This program is offered at NSCC IT campus in Halifax, Akerley Campus in Dartmouth and Sydney Waterfront Campus in Sydney Cape Breton.

Coverdale Centre for Women

Saint John, NB

Coverdale is a community based residential facility designed explicitly for women completing sentences or on parole in the community. The centre provides both individual and group self-development programs. Women can find support, referrals to community services, addiction counselling and general counselling. Coverdale Centre for Women also offers a facility that includes independent living with supports and life skills in place.

My Place Apartments

St. Johns, NFL

My Place Apartments includes 15 furnished independent apartments for women. Residents receive tailored trauma-informed case management including personal counselling, substance use support, life skills support and employment integration.

Mi'kmaq-Maliseet Institute

Fredericton, NB

The Mi'kmaq-Maliseet Institute (MMI) is the only centre for Aboriginal education studies in the Atlantic region. The institute administers programs for First Nations students at the University of New Brunswick and helps First Nations students enter the undergraduate facility of their choice. MMI also offers the BED degree program and the Bridging Year program, as well as the First Nations Business Administration Certificate.

*Don't forget, **Alternative Dispute Resolution (ADR)** is available to you*

*ADR is a voluntary and informal way to resolve concerns by collaborating with staff and a neutral third party. It gives you the opportunity to talk about a problem and work toward a solution. You can use ADR at any time, including if you have already submitted a complaint or grievance. To ask questions or request ADR, **submit a request to the ADR officer.***

Fact vs. Fiction

FICTION: If CSC no longer offers the medication I've been prescribed, there is nothing I can do.

FACT: You can make a "non-formulary request" to healthcare to receive medication that isn't offered by CSC. These requests are assessed and approved on a case-by-case basis.

FICTION: Complaints and grievances are solutions to problems I may have with other people in the institution.

FACT: The complaint and grievance process is used to request remedies for issues you experience as a result of decisions or actions made by CSC, not your peers. This may include, but is not limited to:

- Poor treatment by a staff member
- denial of your documentation
- denial of your yard time
- inaccuracy in your file or reports
- changes to higher security classification
- reduction of your visiting rights
- disciplinary charges
- placement in the SIU
- involuntary transfer

The CCRA states that decisions made about you must be made in a fair and forthright manner, and that if this is not the case, you have the right to an effective grievance procedure. When someone uses the grievance system, they are working through proper social channels to support the law being upheld. You can help maintain or even advance your rights simply by exercising them – and filing a grievance is doing just that!

Filing requests, complaints and grievances creates documentation that reflects the realities and experiences of people inside, which informs stakeholders and decision makers. These records can also support Peer and Regional advocates in escalating your concerns to higher levels of decision making, where appropriate.

FICTION: CSC does not allow cohabitation with your romantic partner.

FACT: Access to meaningful relationships, including the ability to request cohabitation with a romantic partner, is an important part of dignity and well-being. Under the Canadian Human Rights Act, accommodation decisions must be made without discrimination based on sexual orientation or relationship status.

Following a 2019 case before the Canadian Human Rights Commission, CSC affirmed that requests for house or cell moves should not be denied on the grounds of relationship status or sexual orientation – meaning that your request for cohabitation must not be denied solely on the basis that you are in a relationship.

Despite this, Peer Advocates continue to receive reports that people face barriers when applying to live with their partners. If you are advocating for cohabitation, documenting your experiences can help support your request and advocacy efforts.

Horoscopes – July 2026

Aries (Mar 21 – Apr 19)

July invites you to slow your pace and listen inward. You don't have to prove your strength through constant motion. Notice where you've been pushing past your own limits and ask yourself what rest might look like instead. Growth this month comes from learning that pausing is not failure—it's care.

Taurus (Apr 20 – May 20)

You may feel a pull between comfort and change. Both are valid needs. Rather than forcing yourself in one direction, gently explore what feels safe enough to shift. Healing doesn't require urgency. You're allowed to take your time as you redefine what stability means to you.

Gemini (May 21 – Jun 20)

Your thoughts may feel especially active this month. Instead of trying to quiet them completely, approach your inner dialogue with curiosity. What patterns are repeating? What needs are underneath them? Self-awareness—not control—is your path to clarity right now.

Cancer (Jun 21 – Jul 22)

July may bring up moments of emotional sensitivity. Rather than viewing this as something to manage or fix, consider what these feelings are protecting. Your emotional responses are not wrong—they're informative. Offer yourself the same compassion you extend to others.

Leo (Jul 23 – Aug 22)

You might notice a tension between being seen and protecting your vulnerability. Both desires matter. This month is about choosing when and how you share yourself, in ways that feel safe and authentic. You don't have to perform to be worthy of connection.

Virgo (Aug 23 – Sep 22)

There may be an urge to make everything "better" or more organized internally or externally. Notice where this impulse comes from. Is it care, or is it pressure? You are not a problem to be solved. Your growth lies in allowing imperfection to exist without judgment.

Libra (Sep 23 – Oct 22)

You may find yourself thinking about balance in a deeper way. Not just between others, but within yourself. Where have you been abandoning your own needs to maintain harmony? This month invites you to practice small acts of self-loyalty.

Scorpio (Oct 23 – Nov 21)

July encourages gentle exploration of what's been held beneath the surface. You don't have to uncover everything at once. Move at a pace that feels safe. Depth is powerful, but so is containment. You are allowed to choose how far you go.

Sagittarius (Nov 22 – Dec 21)

You might feel a desire for meaning or direction, alongside uncertainty. Rather than searching for a single "right" path, consider what feels aligned in the present moment. Growth doesn't always come from clarity—it often comes from staying open.

Capricorn (Dec 22 – Jan 19)

You may notice pressure to be productive or "on track." This month challenges that narrative. Your worth is not tied to output. Reflect on what it means to feel fulfilled, not just accomplished. Rest and reflection are valid forms of progress.

Aquarius (Jan 20 – Feb 18)

July invites you inward, even if you're used to focusing outward. Notice what happens when you give your own inner world more attention. You don't have to detach from your feelings to understand them. Presence with yourself is enough.

Pisces (Feb 19 – Mar 20)

Your sensitivity is a strength, even when it feels overwhelming. This month is about tending to your emotional boundaries with care. You can remain compassionate without absorbing everything around you. Protection is not disconnection—it's sustainability.