



Women at the Centre

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SCARBOROUGH WOMEN'S CENTRE

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GOVERNMENT FUNDERS

The Government of Ontario through
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City of Toronto Community
Service Partnership

FOUNDATIONS

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Johansen-Larsen Foundation
Mackenzie Financial Charitable
Foundation
Ontario Trillium Foundation
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Royal LePage Shelter Foundation
SSAB North American Foundation
Shoppers Drug Mart Life Foundation
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The Toskan Casale Foundation

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St. Mark's United Church
TELUS Corporation - Employee
Charitable Giving Program
Woodside Square
Yoga Meditation Practice Centre Inc.

The Inside Scoop on Our Young Women's Program by Joyce Bondoc, Placement Student - Sheridan College

I have been working with Alyssa Muzaffar on the Young Women's Program (Building Strong Futures) doing outreach and conducting workshops at high schools and community organizations since September 2011. Our workshops are for girls ages 15 – 19 years old, many of whom stand at varying places on the spectrum of personal development. All of the young women we meet are intelligent, bright and resilient with a great sense of self-awareness. We encourage discussions that help young women realize their potential to become leaders and role models in their communities.



After our workshops, participants have a healthier self-concept, as well as a working idea of the type of life they would like to lead and the kind of women they would like to become. Shared discussions lead them to begin to believe their own words, encourage groups of young women to inspire each other and validate each other's beliefs of what it means to be a strong young woman.

Young Women who are motivated to contribute to their communities take part in our Leadership Development Project. This project asks our participants to work on a community project that is based on young women's issues of their choice. The benefits of the program are three-fold: Young Women earn the title of "Ambassadors", they educate the public on the common issues of Young Women, and they gain life-skills that are transferrable towards any role they choose to take in their futures.

The Young Women's Program is still growing, so look out for further development! Thank you to The City of Toronto's Community Safety Investment Program, Mackenzie Financial Charitable Foundation, The Johansen-Larsen Foundation, TELUS, and Toskan Casale Foundation. These programs would not be possible without their generosity.



Visit Scarborough Women's Centre'
Facebook Page, and be sure to click "Like."
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You can make a secure online donation to the Centre! Just visit our website, and click on the CanadaHelps.org button.

It will take you right to our donation page. You can even set up a monthly donation so that your support of the Centre continues year-round. Thank you!



AGM Report And A Welcome To Our New Board Members

Our September 2011 Annual General Meeting was a warm and welcoming event.. Following the business meeting, Simi Lachman was recognized as Volunteer of the Year for her tireless work to make the Centre's website great. We also had small group discussions as the beginning of a year-long process of determining the 2012-15 strategic directions for our agency. Following stake-holder consultation, the Board will bring its recommendations to the membership for approval at the AGM in 2012. Please watch for a survey and other opportunities to contribute your thoughts to the process, or feel free to contact Lynda Kosowan, who will share your comments with the Strategic Planning Committee.



Simi Lachman, Volunteer of the Year and SWC's webmaster.

A warm welcome to the following Board members who were elected by the membership, and entrusted with careful stewardship of the Centre.

♥ **MARY HEINMAA** has volunteered with the Centre in Ladies Who Launch for several years. Mary has her CFRE from the Association of Fundraising Professionals (AFP). She is currently Vice President of Philanthropy, Habitat for Humanity Toronto and was previously Associate Director of Development, Toronto Symphony Orchestra. She volunteers on the Education Committee for AFP and the Mentoring Committee for the Toronto Chapter of the Canadian Association of Gift Planners. Mary's husband Arthur is an Executive member of Victoria Village Hockey League, which has held Hockey Tournament Raffles for the Centre.

♥ **ALANA HUNT**, learned about the Centre through our website. She has her LLB and is training as a counsellor at OISE. She spent over 13 years as a corporate lawyer in well respected firms like Norton Rose OR LLP and Allen & Overy LLP and financial institutions such as Barclays Capital Inc. Her volunteer work includes the Distress Centres of Toronto, Ontario Lawyers' Assistance Plan and Kew Park Montessori.

♥ **KATHRYN MCKECHNIE** was referred through Volunteer Toronto, and was elected in Spring 2011 by the Board members to fill a vacancy during the year. This election was ratified by the membership at the AGM. Kathryn was already volunteering on the Fundraising Committee. She has her Certificate of Fundraising Management from England and is employed as the Resource Development Coordinator at Tropicana Community Services. Previous experience includes fundraising for a national organization in England. Kathryn has volunteered in Ukraine, Scotland, Kyrgyzstan on various international development projects.

♥ **CHRISTINA FRIEND** was re-elected for a second 3-year term. She is currently employed in Communications for Elections Ontario. Previous employment has been with Scouts Canada, Easter Seals Society of Ontario, and Agincourt Community Services Association in Scarborough. Her volunteer work has included communications work with Scarborough Hospital. Christina has a B.A. in Dramatic Arts from the University of Windsor, and a Public Relations Certificate from Ryerson University. She is a member of the International Association of Business Communicators.

We were sad to say "Good-bye and Thank you" to two retiring board members, both of whom have served as Presidents of the Board.

♥ **YVETTE BAILEY**

Yvette joined the Board in 2006, and served as President from 2007-09, and as Past President since then. She has chaired and sat on the Fundraising, Governance and Strategic Planning Committees, as well as volunteering at many fundraising events for the Centre. She has also brought her daughters and husband in as volunteers many times, and we appreciate the Bailey family for their enthusiasm. Yvette has always cheerfully and whole-heartedly supported the Centre's staff and Board to accomplish its objectives. We are very pleased that she will continue to volunteer with the Fundraising Committee

♥ **IRENE REY**

Irene joined the Board in 2007, and served as President from 2009 to 2011. She has chaired and sat on the Governance and Strategic Planning Committees, and also volunteered at many fundraising events for the Centre. Irene has been a dedicated volunteer willing to take time from her busy responsibilities at a national bank in order to contribute her business and information-mapping expertise to the Centre. The Board has invited her to their retreat this winter, because she does such great team-building exercises.

Thank you Yvette & Irene for all the ways you have brought your experience and insight to the work of managing the Centre. We wish you well in your future endeavours!

Expanding the Reach: Outreach to Women With Disabilities by Melissa Simas, Project Coordinator

Did you know that women with disabilities are up to ten times more likely to experience abuse than their non-disabled peers? Several factors include disability type and severity, socio-economic status, and the accessibility and availability of support services. Women with disabilities may also rely on a partner, family member or caregiver for assistance with tasks of daily living, which increases the likelihood and duration for abuse. Through this three-year Project, staff, students, volunteers, facilitators and women with disabilities themselves will be encouraged to examine these realities and learn ways to support women with disabilities to achieve increased independence for themselves.



As a woman with a disability and a background in social work, I have experienced and learned about the joys and barriers that people with disabilities often face. As a previous participant of the ETR Project, I have witnessed the power of collective dialogue and sense of empowerment that comes from the realization that you are not responsible for the mistreatment inflicted on you by others or society. You are not alone and can work with others to bring about positive change.

If you are interested in becoming involved with this Project, please contact **Melissa** at program@scarboroughwomenscentre.ca, or **416-439-7111**, (Ext. 3) and be sure to check us out on **Facebook**.

We are pleased to acknowledge Springtide Resources, Birchmount Bluffs Neighbourhood Centre and East Scarborough Storefront for their support of this project. We are very grateful to the Ontario Trillium Foundation and the Catherine Donnelly Foundation for their financial support and interest.

ETR PROJECT GOALS

- ◆ Create opportunities for women with disabilities to gain knowledge and leadership skills through a series of educational workshops and a leadership development program
- ◆ Increase the ability of women with disabilities to participate in all aspects of Scarborough Women's Centre by improving the accessibility of the centre
- ◆ Support women with disabilities in Scarborough to have a positive impact on the well-being of their community.

ETR PROJECT RECENT ACCOMPLISHMENTS

- ◆ Installation of an automatic door opener to facilitate physical access
- ◆ The delivery of AODA Customer Service Standards training sessions for staff, volunteers, facilitators, students and Board members of Scarborough Women's Centre
- ◆ A series of educational workshops taking place from January-May 2012
- ◆ A leadership development program for women with disabilities set to take place from May-June 2012

'Revitalizing Our Health' by Jacynth Fennell, Counsellor

As we go into the holidays and New Year, the biggest issue besides the weather, is how much we ate. This is an issue that plagues some people year round. It is good as we go into the New Year to explore and research what our bodies need to be healthy and strong. What should I be eating and how much? How many times a week should I be exercising and getting some fresh air (if I can find some!). How much water should I be drinking per day? I don't think that we need to obsess about these issues but we need to explore what works and doesn't work for our mental and physical health.

Why can't I eat, drink, and be Merry? I think because the next part is what sometimes concerns us in the early part of the New Year – for tomorrow I will die! We don't have to speed up the process. We can enjoy ourselves but also learn to be wiser in our choices. I for one lack discipline in this area, and as I write I am exploring ways to move myself closer to what I know works for my body, in a way that is not stressful. The idea is to make gradual changes and give your body time to adjust. Set your own pace and work slowly towards it. But if sickness comes, you may have to speed up the process. We can all ignore the truth of what our body needs, but our body always has a way of reminding us, that it won't be ignored. All the best in the New Year as you work toward your goals.



If you would like to meet with the Counsellor, call her at extension 2. This is a voluntary service. Our thanks to the City of Toronto, Ontario Women's Directorate, St. Andrew's Charitable Foundation and RBC Foundation for making it possible.



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Cindy Tan
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Loretta Traynor
Jason Wozney

Third-Party Events Help Women Move Forward

We would like to extend a sincere “thank you” to those who raise funds for the Centre through third-party events. These events help fund workshops, courses and counselling, and have a huge impact on women who are striving to move forward in their lives. Those special people include:

- Elaine Dandy – A ‘Jest’ Cause
- Malvern Cricket and Social Club
- Canadian Federation of University Women, Scarborough Chapter
- Scarborough Golf Club Ladies’ Golf Section
- Janellan Terrace Golf Tournament - Taje Mohabir & Samantha Singh
- Shoppers Drug Mart, 2301 Kingston Road
- Woodside Square



Your passion and dedication for the Centre are appreciated more than you know!

If you’re planning a Sports Tournament, Fashion Show, Music Night or other event, please consider supporting Scarborough Women’s Centre. You can find more information about Third Party Events on our website, or call Lynda Kosowan,



WOMEN AT THE CENTRE is a publication of Scarborough Women’s Centre. Letters and suggestions are always welcome. Please forward to: **Lynda Kosowan**, MSW, RSW
Executive Director and Editor ed@scarboroughwomenscentre.ca

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City: _____ Province: _____ Postal Code: _____
Enclosed is my donation of: \$50 \$100 \$200 \$500 Other (please specify) _____
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VISA/Mastercard #: _____ Expiry Date: _____ / _____
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Or, donate from our website, by clicking on the CanadaHelps.org button.

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- Yes, you may acknowledge my donation on your newsletter and website.
- Please keep me informed of Centre activities.

Thank You