



WINTER PROGRAM SCHEDULE

January to March 2010

MONDAY EVENING PROGRAMS

(6:30 – 8:30 pm)

* Pre-registration is required. Subsidies are available for women of limited income.

**Moving Forward
Support Group**

3 Mondays
Jan. 18 – February
1, 2010

MOVING FORWARD SUPPORT GROUP

The end of any relationship can often be traumatic, painful and/or frustrating. Moving Forward is a 3 - session workshop designed to explore a positive, exciting and creative path to a new beginning. **Facilitator:** Vivienne Kendry **Fee: \$10***

Reduced fee made possible by Nan Kosowan and Penni Stuart

**How To Find and
Live Your Life
Purpose**

8 Mondays
Feb.8 – March 29,
2010

HOW TO FIND AND LIVE YOUR LIFE PURPOSE : USING JOURNALING, CREATIVITY, DREAMS AND INTUITION

Discover your hidden talents and gifts. Sometimes our most natural talents go unused and unappreciated until something in our life encourages us to take a chance and use them. Learn to use your creative imagination, journaling, dreams and intuition as guideposts to understand more about what your deeper purpose is and how to step into the role you are meant for. **Facilitator:** Darlene Montgomery **Fee: \$30***

Reduced fee made possible by St. Andrew's Charitable Foundation

TUESDAY EVENING PROGRAMS

(6:30 – 8:30 pm)

* Pre-registration is required. Subsidies are available for women of limited income.

**Do What You Love
To Find Financial
Freedom**

Tuesday January
26, 2010

DO WHAT YOU LOVE TO FIND FINANCIAL FREEDOM

Wealth and abundance comes naturally once we find that thing that makes us happy. In fact, we always feel better about ourselves when we do something that truly excites us. Discover your passion through intuitive exercises so that real abundance can follow. **Facilitator:** Darlene Montgomery **Fee: \$5***

**Exploring
Creativity To
Open Doors To
Success**

Tuesday February
2, 2010

EXPLORING CREATIVITY TO OPEN DOORS TO SUCCESS AND SELF ESTEEM

When we believe that we aren't good enough or smart enough, we limit ourselves and our capacity for success. By exploring our natural creativity through journaling, intuition and conscious creativity we can learn more about who we really are. As we embrace our unique assets and learn how to use them right now, we will see our self-trust and self esteem increase. **Facilitator:** Darlene Montgomery **Fee: \$5***

**How To Be Your
Own Best Friend**

Tuesday February
9, 2010

HOW TO BE YOUR OWN BEST FRIEND

Learn to let go of failures and disappointments, forgive yourself for past mistakes. Accept yourself for who you are and live your very best life. Learn to treat yourself with love, respect and compassion. Be a supportive friend to yourself. **Facilitator:** Niroma De Zoysa **Fee: \$5***

Power of Attitude

Tuesday February
16, 2010

POWER OF ATTITUDE

Learn to face the tough challenges in life. People who are most successful in life are those who have cultivated a positive attitude. What really determines your happiness and success in life is your attitude. Learn to build a powerful attitude for yourself so you can become a contributor and a well-wisher to your own life. **Facilitator:** Niroma De Zoysa **Fee: \$5***

TUESDAY EVENING PROGRAMS (continue)

Work/Life Balance

Tuesday Feb. 23,
2010

WORK/LIFE BALANCE

Work-life balance is possible. Women have multiple responsibilities as a parent, spouse, caregiver and worker. Learning how to balance a professional career will prevent the detrimental effects of stress on your health and reduce the risk of burnout. Learn how to tap into resources that will help you achieve a healthy balance. **Facilitator:** Priya Senroy **Fee: \$5***

Toxic Workplace

Tuesday March 2,
2010

TOXIC WORKPLACE

Do you often feel isolated, frustrated and not supported at your place of employment? Since we spend more than half of our lives in the workplace it is important for us to find positive, constructive methods to deal with the negativity and how it impacts our lives. **Facilitator:** Vivienne Kendry **Fee: \$5***

Relationships & Self-Esteem

Tuesday March 9,
2010

RELATIONSHIPS & SELF-ESTEEM

Healthy relationships at work, in our families, or other aspects of our life are affected by our self esteem. This workshop will focus on how our relationship with ourselves will help build positive relationships that do us good. **Facilitator:** Vivienne Kendry **Fee: \$5***

Conflict Resolution

2 Tuesdays
March 23 & 30,
2010

CONFLICT RESOLUTION

Conflict is inevitable. It is not always negative and can provide opportunities for stronger working relationships. This interactive module introduces and builds on key concepts used in communication and listening to resolve conflict effectively. It will also discuss how anger impacts relationships. Identify conflict, de-escalate and deal with it effectively and efficiently. Work through conflict for a positive outcome. Learn strategies to diffuse anger. **Facilitator:** Lambrini Soulos **Fee: \$10***

WEDNESDAY MORNING PROGRAM

(10:00 am – 11:30 am)

* Pre-registration is required. Subsidies are available for women of limited income.

Writing for Personal Growth

6 Wednesdays
February 10 –
March 17, 2010

WRITING FOR PERSONAL GROWTH AND SELF DISCOVERY: A SHARING GROUP

Writing can be a transformative experience. It can help us to discover our true feelings, ease stress and refocus our thoughts. Whatever our reasons for writing may be, the experience is as creative as it is self actualizing. This group is open to you regardless of education, or language abilities, you do not have to be an experienced writer. So come out, put pen to paper, and never mind the spelling! Please note: We will be meeting individually with interested participants in January, prior to the start of the group. **Facilitator:** Joanna Violante **Fee: \$5***

WEDNESDAY EVENING PROGRAM

(6:30 pm – 8:30 pm)

* Pre-registration is required. Subsidies are available for women of limited income.

CAG

Wednesday
January 27, 2010

CONSUMER ADVISORY GROUP MEETING

Women from our programs and services are invited to share their thoughts about how to make the Centre a good place for women. Please RSVP by January 25, 2010.

THURSDAY EVENING PROGRAMS

(6:30 pm – 8:30 pm)

* Pre-registration is required. Subsidies are available for women of limited income.

Building Self Esteem

6 Thursdays
February 4 –
March 11, 2010

BUILDING SELF ESTEEM

Self esteem is essential to feeling good about ourselves and trusting our decisions. Learn how to enhance this important aspect of who we are. Learn how to apply decision-making techniques that can last a lifetime. **Facilitator:** Vivienne Kendry **Fee: \$30***

Reduced fee made possible by Evelyn Hill and Lynn Fournier-Ruggles

SATURDAY PROGRAMS

(10:00 am – 3:00 pm)

* Pre-registration is required. Subsidies are available for women of limited income.

Discover Your True Self

2 Saturdays
January 16 & 23,
2010

DISCOVER YOUR TRUE SELF

Live your life to your fullest potential. Learn to understand and appreciate your own unique self. Define what happiness, success, and love means to you so that you can see if you are living the life that you are meant to live. This is an opportunity for SELF DISCOVERY. **Facilitator:** Niroma De Zoysa **Fee: \$25***

Reduced fee made possible by Vivienne Poy

Stepping Stones to Personal Resiliency

2 Saturdays
January 30 &
February 6, 2010

STEPPING STONES TO PERSONAL RESILIENCY

Do you feel stretched emotionally and financially and want to be better equipped to handle and recover from stressful situations? In this two-part workshop, we will look at the concept of resiliency and how it can help us develop strategies to bounce back from life's challenges. Learn basic language and tools to develop financial literacy, and strategies to leverage our personal strengths in times of hardship. **Facilitator:** Susan Ludwig **Fee: \$25***

Reduced fee made possible by Gloria Costello

Anger Awareness

2 Saturdays
February 20 & 27,
2010

ANGER AWARENESS

"Anger is a signal, one worth listening to. Our anger may be a necessary message that we are being hurt, that our rights are being violated, that our needs are not being adequately met, or simply that something is not right." Work on understanding and dealing with anger in an educational format. **Facilitator:** Prabha Bassoo **Fee: \$25***

Reduced fee made possible by Malvern Cricket and Social Club

Family Law

Saturday March 6,
2010

FAMILY LAW

Nneka MacGregor has a law degree from the United Kingdom. She will share from her experience as a survivor about the family law system in Ontario. She encourages self empowerment through understanding the law, including regulations, court settlements, custody and access. **Facilitator:** Nneka MacGregor LL.B. **Fee: \$5***

Reduced fee made possible by Elaine Dandy

Self Esteem & Assertiveness

Saturday March 13,
2010

SELF ESTEEM AND ASSERTIVENESS SKILLS

Building our self-esteem and being assertive are essential for confidence and success, and it all begins with us. Of all the judgments we make in life, none is as important as the one we make about ourselves. During this one-day interactive workshop we will discover the importance of learning self acceptance and nurturing our sense of self. **Facilitator:** Priya Senroy **Fee: \$15***

Reduced fee made possible by OPG Employees and Pensioners Charity Trust

Healing the Child Within

Saturday March 20,
2010

HEALING THE CHILD WITHIN

It is common for people who have had to take care of themselves from an early age to have a high tolerance for inappropriate behaviour. Because of this, we spend a lot of time care-taking others while neglecting our own needs. This often leads to poor relationships, financial difficulties, low self-worth and more. Learn to identify your own needs, grieve the losses of your past, and discover how to empower yourself and heal the child within. **Facilitator:** Darlene Montgomery **Fee: \$15***

Reduced fee made possible by Canadian Federation of University Women (Scarborough Chapter)

Relationship Bootcamp

Saturday March 27,
2010

RELATIONSHIP BOOTCAMP: POWERFUL TECHNIQUES TO BREAK THE CYCLE OF FAILED RELATIONSHIPS

Do you constantly find yourself in the same type of relationships time and again with the same conflicts and upsets? Relationships are the foundation of most of our life lessons. Many of our hardships come from misunderstandings in relationships, whether personal or business. Learn how to create more harmony in our relationships through listening techniques, shadow work, journaling and forgiveness work. **Facilitator:** Darlene Montgomery **Fee: \$15***

Reduced fee made possible by Centennial College, School of Business

“The facilitator was very knowledgeable about the topic and presented key ideas and systems that I can use to create change”



“I don't feel isolated anymore because I learned that I am ... NOT ALONE.”

REGISTRATION INFORMATION

IMPORTANT – You must register to ensure your place

- Women of limited income are welcome to request a subsidy*
- There are a limited number of subsidies available for each program, so please arrange early.
- All programs and workshops are held at the Centre unless otherwise noted.
- A minimum number of registrants are necessary for a program to continue.
- If you have any special needs or a disability we should consider, please let us know.
- To ensure your place, we recommend that you pay in advance.
- Minimum \$10 VISA or MasterCard purchase.
- A \$5 fee is charged for cancelled registrations.
- We are sorry, but handouts cannot be provided to those who do not attend the workshop.

You may register for a Scarborough Women's Centre program or workshop:

<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: center;"> <div style="margin-left: 5px;">Phone: (416) 439-7111</div> </div> <div style="display: flex; align-items: center;"> <div style="margin-left: 5px;">Mail: Enclosing a cheque or money order</div> </div> <div style="display: flex; align-items: center;"> <div style="margin-left: 5px;">Walk-in: Monday to Thursday 9am-5pm; Friday 9am-4pm</div> </div> <div style="display: flex; align-items: center;"> <div style="margin-left: 5px;">E-mail: adminassist@scarboroughwomenscentre.ca</div> </div> <div style="display: flex; align-items: center;"> <div style="margin-left: 5px;">Website: www.scarboroughwomenscentre.ca (download form and mail or fax it in)</div> </div> <div style="display: flex; align-items: center;"> <div style="margin-left: 5px;">Fax: (416) 439-6999 (download form from website and fax it in)</div> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> </div>	<p>Directions: Driving: Taking 401 - Exit at Markham Road, go south on Markham Road. Turn right in driveway before Ellesmere Road. Free parking is available.</p> <p>Public Transit (TTC): From Scarborough Town Centre take the Neilson 133 bus to Markham Road or the Highland Creek E 38 bus to Markham Road. From York Mills Station (Yonge subway line) take York Mills 95B, 95D or 95F bus to Markham Road. From Warden Station (Bloor subway line) take Markham 102 bus to Ellesmere Road.</p>
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Please return this form for programs and workshops you plan to attend.

REGISTRATION FORM

Name: _____ Phone: _____

Address: _____

Postal Code: _____ E-mail Address: _____

Enclosed is my cheque for \$ _____ payable to Scarborough Women's Centre.

Visa/MasterCard # _____ Expiry Date: ___/___/___ Signature: _____

Please call our office (416) 439-7111 if you are unable to attend in order to help us ensure that no one remains on a waiting list.

Course Name(s): _____

Also enclosed is my donation of \$ _____

I would like to receive a membership information package

Scarborough Women's Centre is a charitable organization - 10795 9660 RR0001