

Expanding the Reach: Empowering Women living with  
Disabilities Workshop Series Presents:

*Exploring the Invisible Boundary*

Our boundaries are essential for self-protection, setting limits, setting goals and they show others who we are, what we believe, what we stand for and where we draw the line with our emotions and attitudes. Facilitated by Priya Senroy, this workshop will explore how you can help yourself create and maintain personal boundaries in your relationships.



Thursday, April 1 2010

1:00-3:30pm - Workshop 'Exploring the Invisible Boundary'

3:30-4:00pm - Focus Group to discuss future workshop topics

Birchmount Bluffs Neighbourhood Centre

93 Birchmount Rd. (at Kingston Rd.)

Attendant service, light refreshments and  
transportation reimbursement (TTC tokens) will be provided

For accommodation requests and to RSVP please contact Margaret by  
Thursday, March 25th 2010.

(416) 439-7111 (Ext 4), TTY (416) 439-7321 or  
e-mail to [program@scarboroughwomenscentre.ca](mailto:program@scarboroughwomenscentre.ca)

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