

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

What's right for ME?

Vivienne Kendry will explore assertive communication in this workshop. Learn techniques to communicate your thoughts, feelings, and actions with more confidence. Develop self-assertive skills by communicating with clearly defined boundaries.



Tuesday March 9th, 2010

1:00-3:30pm - Workshop 'What's right for ME?'

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
Tuesday, March 2nd, 2010.

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

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