



COMMUNITY-BASED NONPROFIT

Since 1982, we have helped thousands of women aged 15-80 years.

With support from our staff, we help women become economically and emotionally independent.

We are unique:

- Our services are free
- Short wait lists
- No similar service in Scarborough

TRANSFORM YOUR LIFE

Donate

The women using our Centre deal with abuse, poverty and isolation. Without us, they would have to fix their problems on their own or go on long waiting lists.

50% of our funding comes the generosity of foundations, corporations and individuals like you.

See the difference you can make in Scarborough. 85% of your donation will go towards programming for women.

\$50 – allows 1 woman to attend a 2-week course on Building Self-Esteem.

\$100 – allows 1 woman to attend a weekend workshop on Finding Your Life Purpose.

\$500 – provides 1 woman with 3 months of confidential counselling

Thank you!

Scarborough Women's Centre

Charitable registration:

#10795-9660RR0001



SCARBOROUGH WOMEN'S CENTRE

EMPOWERING WOMEN
TO TRANSFORM THEIR LIVES



2100 Ellesmere Rd, Suite 245
(at Markham Rd)
416-439-7111

ed@scarboroughwomenscentre.ca
www.scarboroughwomenscentre.ca

You are not alone. We are here to help.
Learn the tools and tips to move forward in your life.

Information and Referral

Every year, we speak to 2,000 women by phone and email about newcomer integration, abuse, jobs, education. We listen carefully and connect you to services.



Workshops

You will learn about healthy relationships, financial planning, dealing with anger, building self-esteem and family law.

Newcomer women

Young women

Women with disabilities

Senior women

LGBTQ women

Francophone women

Counselling

We help women make long term changes in their lives, including making plans to leave abuse, identifying goals and small steps for accomplishment.

Mentoring

Working with a trained volunteer, you will receive support over many months. Supportive Mentors break isolation; Literacy Mentors help with English conversation skills.

Believe in yourself

By building a foundation of self-esteem and support, you will have the skills to achieve your goals.

Have healthy relationships

By understanding what makes healthy relationships, your life will be more satisfying and productive.

Be financially independent

You don't need to rely on anyone else. You can learn the life skills to complete your education, start a training program or start your own business.

Be a great mom

How well you do in your life, sets an example for their success.

We can help you. Call us.

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