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### **SWC NEWCOMER SERVICES:**

Connecting women with tools for success.

We support women from all walks of life, economic situations, ethno-racial backgrounds and ages.

*Scarborough Women's Centre delivers programs and services to promote positive change for women in a safe, inclusive and welcoming environment.*

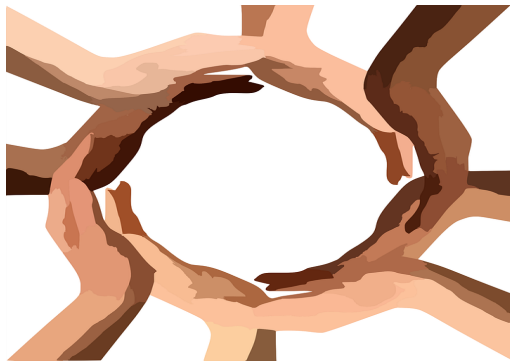
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May 2016



SCARBOROUGH  
WOMEN'S CENTRE

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## **NEWCOMER SERVICES**

We offer confidential services linking women to support services and resources such as:

### **INFORMATION**

- ◇ Resource material printed in many languages
- ◇ Legal referrals
- ◇ Information about community resources, including employment training, parenting, practical supports

### **EDUCATION**

- ◇ Courses & workshops on topics such as Well-being, Life Skills, Communication and Family Law

### **SUPPORT**

- ◇ Counselling on issues related to well-being and emotional health
- ◇ MCIS (Multilingual Community Interpreter Services) available for issues related to abuse
- ◇ One-to-One Mentoring and Tutoring Program
- ◇ Connection with women from a variety of backgrounds
- ◇ Support on strengthening family and parenting concerns

## **Serena's Story**

"I came to Canada with my husband and children. While I was sponsored by a family member I still felt extreme culture shock. My lack of language skills caused me difficulty as I was unable to find work and could not communicate with my children's school.

Scarborough Women's Centre provided me with access to counselling which helped me to deal with the transition to my new life and the mentor and tutor helped me improve my English skills.

I was also able to meet other women in my community and forge new friendships..."

**These services are made possible**

**through the generous support of:**

- ◇ **The Government of Ontario through the Ontario Women's Directorate**
- ◇ **The City of Toronto (Community Service Partnership)**



## **EDUCATIONAL PROGRAMS**

We provide courses and workshops for women, which provide options, support, life skills and information. These programs are offered in English.

## **COUNSELLING SERVICE**

The Counsellor supports Newcomer women on a one-to one basis, dealing with concerns including but not limited to:

- ◇ Well-being and emotional health
- ◇ Marital / family issues
- ◇ Roles of women in society
- ◇ MCIS (Multilingual Community Interpreter Services) interpreter provided for issues related to abuse
- ◇ Making plans to leave abuse, and recovering from abuse & violence

## **ONE-TO-ONE MENTORING**

One-to-One Mentoring Programs are for women in life transition who are working toward specific goals. Each woman is matched with a trained supportive mentoring volunteer. They meet informally once a week, to help with:

- ◇ Increasing support systems
- ◇ Practicing conversational English\*
- ◇ Job search
- ◇ Offering emotional support

