

OTHER COMPONENTS OF THE COUNSELLING SERVICE

ONE-TO-ONE MENTORING

This program is for women in life transition who are working toward specific goals. Participants will be matched with a trained volunteer to receive support in an informal setting, for a six month or one year contract.

SUPPORTIVE MENTORS

These volunteers assist women to increase their support system, to break their isolation and to be more in charge of their lives.

ADULT LITERACY/ENGLISH CONVERSATION MENTORS

Volunteers assist women to improve their writing, reading and numeric skills.

EDUCATIONAL PROGRAMS

Scarborough Women's Centre offers courses and workshops on women's issues. The counsellor assists women to choose appropriate workshops.

HISTORY OF SCARBOROUGH WOMEN'S CENTRE

Scarborough Women's Centre was established in 1982.

The Centre provides information, education and support to marginalized women in the Scarborough area. The Centre is committed to welcoming women of all backgrounds.



CANCELLATION POLICY

If you wish to cancel an appointment, we need at least 24 hours notice. Please give us as much notice as possible because other women are always waiting for appointments. If you miss 3 consecutive appointments without reasonable cause, we will need to give priority to other clients.



SCARBOROUGH
WOMEN'S CENTRE

COUNSELLING SERVICE

2100 Ellesmere Road, Suite 245
Scarborough, Ontario M1H 3B7

Phone: (416) 439-7111

Fax: (416) 439-6999

www.scarboroughwomenscentre.ca

PURPOSE

The Counselling Service assists women to implement both immediate and long-term changes, with a focus on self-directed growth and development.

PLEASE CONTACT:

Jacynth Fennell
counsellor@scarboroughwomenscentre.ca
(416) 439-7111 Ext. 2

OR

Carol Soares
uwcounsellor@scarboroughwomenscentre.ca
(416) 439-7111 Ext. 6



July 2018

WHAT IS THE PROCESS?

CLARIFYING GOALS

A woman comes to the Centre to see the counsellor for an hour-long session to talk about what changes she would like to make in her life. After an intake interview, a woman may come regularly to see the counsellor to get support to achieve her goals. Goals can be very broad such as:

- *Leaving an abusive partner*
- *Becoming more self-sufficient*
- *Building effective relationships with family members*
- *Developing coping skills and personal power*
- *Reducing isolation and building a support network.*

The counsellor works with a woman to make a broad goal more manageable by identifying small steps for accomplishment. She also assists a woman to explore new possibilities and get connected to other available resources to achieve her ultimate goal.

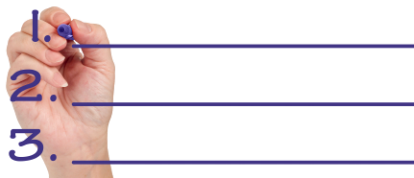
WHAT IS THE COUNSELLING SERVICE?

- It is a voluntary, short-term, goal-oriented service.
- The counsellor is focused on a woman's goals, working with her to meet her immediate needs.
- The purpose is to support a woman to discover, enhance and use her own strengths to accomplish her personal plans.
- The counsellor helps identify a woman's goals and makes a broad goal more manageable by establishing steps that can be taken towards achieving the goal.

PARTICIPANTS

Women who are willing to work towards changing their situation or perspective are welcome to use the Counselling Service.

Goals



Self-referral is preferred.

WHAT IS THE PURPOSE OF THE COUNSELLING SERVICE?

- To assist women to use internal and external resources in order to make long term changes in their lives.
- To develop the power of the individual by discovering and building upon the strengths of each woman.
- To support women to accomplish their goals.



THIS SERVICE IS VOLUNTARY, FREE AND CONFIDENTIAL.

To prepare for your first appointment with the counsellor, take some time to think about what you want to accomplish with her help.

The Counselling Service is funded by Ministry of the Status of Women Ontario, City of Toronto and the United Way of Greater Toronto