



SCARBOROUGH WOMEN'S CENTRE

WINTER 2019
PROGRAM
FLYER

JANUARY TO MARCH 2019

MONDAY EVENINGS 7 PM - 9 PM

FEB 25 READY, SET, GOAL! w/ *Onsia Ansari* - How many years have you said, "This year is going to be different"? Too many of us get caught in the "New Year, New Me" trap as we struggle to find motivation in accomplishing our resolutions. When planned correctly, resolutions can be healthy! In this workshop, we'll explore how to effectively set goals and transition into making healthier, sustainable life changes. FREE (\$5 donation welcome, if you can) SPONSORED BY THE ESTATE OF MS. MITRA INDIRA SINGH

MAR 4, 11 & 18 (3 WEEKS) GETTING CENTRED w/ *Vivienne Kendry* - This workshop looks at self-care practices and goal setting techniques. When we combine taking care of ourselves and learning to set positive healthy goals, we feel centred in our lives. FREE (\$15 donation welcome, if you can) SPONSORED BY SHOPPERS DRUG MART LIFE FOUNDATION, SCARBOROUGH SHOPPERS DRUG MART STORES

MAR 25 WOMEN'S SEXUALITY w/ *Vivienne Kendry* When we discuss our sexuality we start to understand what we project to others. Are our sexual needs being met? How comfortable am I in my sexual journey? This can be an uncomfortable topic of conversation for many people. However we will create a safe space to openly discuss what is hard to discuss. FREE (\$5 donation welcome, if you can) SPONSORED BY CANADIAN FEDERATION OF UNIVERSITY WOMEN - SCARBOROUGH CHAPTER, LE CHATEAU INC.

TUESDAY EVENINGS 7 PM - 9 PM

JAN 29 SLEEP HYGIENE w/ *Vivienne Kendry* - How important is sleep? Are you getting a good night's rest? Can you turn your mind off? Are you struggling to get a solid night's sleep? Let's discuss some solutions. FREE (\$5 donation welcome, if you can) SPONSORED BY ANNE & PEDRO LEON, CARINA KEDERSHA, THE INTERNATIONAL GROUP

FEB 12 MENOPAUSE AND BONE HEALTH w/ *Meena B. Jain, R. Ph. & Dr. Tasha Thavarajah, Chiropractor* - The average age of women experiencing menopause in Canada is 51, although the age of natural menopause can vary from age 40 to 58 years. This presentation will focus on how menopause affects daily life and a special emphasis on bone health and osteoporosis. The presentation will discuss risk factors, drug therapies, the risks of using these drugs and lifestyle changes that help with both Menopause and Osteoporosis (brittle/fragile bones). This workshop will engage women in a group, where an expert will demonstrate a simple exercise regime that may help improve bone health and maintenance. FREE (\$5 donation welcome, if you can) SPONSORED BY J.P. BICKELL FOUNDATION, JOANNA WRIGHT

FEB 26 IT'S COLD OUTSIDE: STRENGTHEN YOUR IMMUNE SYSTEM w/ *Helen Ziral* - It's cold outside and you might be experiencing the effects of winter. This session will provide information you can use to strengthen your immune system. FREE (\$5 donation welcome, if you can) SPONSORED BY ONTARIO POWER GENERATION EMPLOYEES AND PENSIONERS CHARITY TRUST, LOVEDEEP SINGH

MAR 19 MOVING WITH MINDFULNESS w/ *Colleen Boehme* - We all experience times where we are in "auto pilot" mode, especially in moments of high stress. In this workshop, we will explore different methods to bring mindful awareness and a sense of calmness into our everyday through breathing exercises and expressive art activities. FREE (\$5 donation welcome, if you can) SPONSORED BY ONTARIO POWER GENERATION EMPLOYEES AND PENSIONERS CHARITY TRUST, TARA GEORGE

PLEASE PRE-REGISTER
TO ENSURE YOUR SPOT!

Now you can register from our website!
Click on 'Services' and select 'Workshops'
from the drop down menu.

- A minimum number of registrants is necessary for a program to proceed.
- If you have any special needs or a disability we should consider, please let us know.
- As space is limited, please register for no more than 5 workshops/courses at a time.
- Due to space limitations, the Centre does not keep a waiting list.
- PLEASE NOTE: If you do not attend a workshop more than three times without notifying the Centre, we will not be able to prioritize your registration. If you are unable to attend, please make sure to cancel, so that someone else will have the opportunity to participate.

2100 Ellesmere Rd., Suite 245 Scarborough, ON M1H 3B7

PHONE: 416-439-7111 FAX: 416-439-6999 outreach@scarboroughwomenscentre.ca www.scarboroughwomenscentre.ca

JAN 23 3MS TO A HAPPIER STATE OF MIND w/ *Cindy Stradling* - Explore the neuroscience behind our emotions and learn new techniques to manage when we are in difficult situations. Learn to identify how they react to life's events and learn tools to cope with more resilience and to prepare for, recover from and adapt to stress, challenges and adversity. The 3 M's— Mindfulness/Mindset/Managing Your Emotions. FREE (\$5 donation welcome, if you can) SPONSORED BY THE GEORGE LUNAN FOUNDATION, CARINA KEDERSHA

JAN 30 EMBRACING AGING w/ *Vivienne Kendry* - The messages we receive with respect to aging are often negative. These messages are generated by the media and are imposed upon us by society. This workshop will support growth and empowerment so we can learn to embrace the aging process. FREE (\$5 donation welcome, if you can) SPONSORED BY THE ROTARY CLUB OF AGINCOURT

FEB 6 & 13 (2 WEEKS) SELF-TALK & SELF-IMAGE w/ *Gloria Pierre, Clearly Speaking* - Self-talk is the inner dialogue we have with ourselves. Studies show that 77% of what we say to ourselves is negative. These negative thoughts can hijack our mindset and after a while, affect our actions. Learn how we can be in control of our thoughts and validate our own self-worth. FREE (\$10 donation welcome, if you can) SPONSORED BY MCCARTHY TETRAULT FOUNDATION, IRENE REY

MAR 13 EVERYDAY SELF-CARE w/ *Melissa Simas* - In this interactive workshop, participants will explore various factors that get in the way of making themselves a priority and will learn concrete strategies to help them incorporate more self-care into their everyday lives. FREE (\$5 donation welcome, if you can) SPONSORED BY WHITE RIBBON CAMPAIGN - CENTENNIAL COLLEGE, SCHOOL OF TRANSPORTATION, CHRISTOPHER G. BRADLEY

MAR 20 THE FOUR AGREEMENTS w/ *Cindy Stradling*
Based on the book by Don Miguel Ruiz, The Four Agreements offer a powerful code of conduct that can transform lives to a new experience of freedom, happiness and love. **First:** Be Impeccable with Your Word. **Second:** Don't Take Anything Personally. **Third:** Don't Make Assumptions. **Fourth:** Always Do Your Best. We will review each of the agreements and what they mean to us individually. Everyone will leave with an understanding of the difference applying these agreements will make in their lives and action plan of how to implement them. FREE (\$5 donation welcome, if you can) SPONSORED BY CLAREN INC., VIVIENNE POY, DAVID PAULI

MAR 27 MOVING FORWARD WHEN RELATIONSHIPS END w/ *Reshma Dhrodia* - This workshop will focus on how participants can take care of themselves after experiencing the loss of a relationship of any kind. We will consider what may be helpful when processing the experience, acknowledge the learnings that come from loss, and how we can continue to heal while moving forward. FREE (\$5 donation welcome, if you can) SPONSORED BY ROYAL LEPAGE SHELTER FOUNDATION, ROYAL LEPAGE ESTATE REALTY

JAN 24 & 31 (2 WEEKS) CREATE A PROSPERITY MINDSET w/ *Darlene Montgomery* - Do you have problems with your finances and keep mounting up bills from month to month with no end in sight? Does it feel you'll never get ahead? Discover how to make simple and small changes to feel more empowered financially. Discover how to shift your mindset through meditation, tapping and setting clear intentions. Learn steps to take daily to train yourself to think with a prosperity mindset. Learn how your thoughts create new neuropath ways to think in a positive way and draw greater prosperity to you. FREE (\$10 donation welcome, if you can) SPONSORED BY TDSB LEARNING CENTRE 3 TALENT NIGHT, CHINE DRIVE PUBLIC SCHOOL, JOHN MCCRAE SR. PUBLIC SCHOOL

FEB 21 & 28 (2 WEEKS) CREATING A LIFE OF PASSION AND PURPOSE w/ *Darlene Montgomery*
Do you feel directionless and lack a sense of purpose and passion? Do you need inspiration and a way to get motivated? Discover tools to cultivate a feeling of purpose through easy goal setting techniques, visualization exercises, movements to create motivation and more. Learn how to set goals and use brain balancing and meridian-tapping techniques to overcome self-defeating patterns and to see the wish fulfilled. Learn to recognize limiting belief patters and how to reverse them. You will experience the possibility of truly living a life you love. FREE (\$10 donation welcome, if you can) SPONSORED BY SCARBOROUGH TOYOTA

MAR 7, 14 & 21 (3 WEEKS) 7 WAYS TO FIND YOUR LIFE PURPOSE w/ *Darlene Montgomery* - Do you feel like you're spinning your wheels, with no sense of clear direction? Do you hop from job to job or simply feel uninspired in the one you do have? Learn how to define your life purpose by finding the things you value most. Learn how the stories around us tell us a lot about who we are and what we are meant to do to fulfill our own life purpose. Discover what truly inspires you and how you tend to be drawn to things naturally. FREE (\$15 donation welcome, if you can) SPONSORED BY VISION CARE CENTRE, DIMITRA TSAGARIS, JANICE NICHOLSON, JULIE HIROZ

MAR 28 CELEBRATE SPRING - CELEBRATE YOURSELF! w/ *Helen Ziral* - Spring is the season of rebirth, (rejuvenation) and new beginnings. It is important to celebrate the unique individual that you are. Discover tools to help get through some of the tough times by focusing on your inner strength and beauty in order to recharge for the months ahead. FREE (\$5 donation welcome, if you can) SPONSORED BY ELEMENTARY TEACHERS OF TORONTO, CBA MANAGEMENT SERVICES

We gratefully acknowledge the support of the Government of Ontario and the City of Toronto to make these programs possible.



SATURDAYS 10 AM - 3 PM

JAN 26 DISCOVER YOUR ATTACHMENT STYLE w/

Darlene Montgomery - Are you having problems creating healthy, long-term relationships? Have you had one breakup after another? Learn to recognize what style you tend to use in relationships. Learn to create a secure relationship with someone else. Learn your “attachment” style and why some people can’t bond in relationships. Discover how to break the patterns that keep you from having a fulfilling relationship with a partner and how to heal your own family system as well. FREE (\$15 donation welcome, if you can) SPONSORED BY ELAINE DANDY, FILOMENA DE SOUSE, FRAN ODETTE

FEB 2 FORMING NEW RELATIONSHIPS w/ Vivienne

Kendry - Many of us have issues making and keeping friends. Discover how to develop and expand your personal network of friends, and attract positive and healthy relationships to your life. FREE (\$15 donation welcome, if you can) SPONSORED BY ONTARIO REALTORS CARE FOUNDATION, NAN KOSOWAN

FEB 9 RECONNECTING TO OURSELVES w/ Colleen

Boehme & Naszrin Arghoshi - Many times through our day we may feel overwhelmed and disconnected from ourselves. In this workshop, we will learn strategies to reconnect to ourselves in moments when we feel disconnected through gentle movement, mindful breathing, and expressive art activities. FREE (\$15 donation welcome, if you can) SPONSORED BY FILOMENA DE SOUSA, KATHARINE ALLAN, NANCY MAXWELL

FEB 23 6 PILLARS OF SELF ESTEEM - THE PRACTICE OF LIVING w/ Cindy Stradling - We explore

the six pillars of self-esteem: Living Consciously/Self-acceptance/Self-responsibility/ Self-assertiveness/ Living purposefully/Personal Integrity. Participants journal their personal responses to a series of questions, and identify and set goals to live more powerfully using each of the pillars. Based on the book “6 Pillars of Self Esteem” by Nathaniel Brandon. FREE (\$15 donation welcome, if you can) SPONSORED BY UNIFOR SOCIAL JUSTICE FUND, TORREY SHANKS

MAR 2 & 9 (2 WEEKS) BUILDING SELF-ESTEEM w/

Vivienne Kendry - Self-esteem is essential to feeling good about ourselves and trusting our decisions. Learn how to enhance this important aspect of how you are and how to apply decision-making techniques that can last a life time. FREE (\$25 donation welcome, if you can) SPONSORED BY JUDIT MARINCAN, MARIE BOMBA, MARIE DUPLESSIS, TAHIRA HASSAN, SAMEEN CHATOO

MAR 16 HEALTH AND WELL-BEING: BALANCE YOUR ENERGY CENTRES w/ Helen Ziral - On this

holistic journey, we look at ways to maximize your individual energy centres essential in achieving wellness. We will identify blockages and uncover approaches to correct them as you chart your wellness journey. FREE (\$15 donation welcome, if you can) SPONSORED BY PROTON LEARNING CENTRE, JEN MACBRUCE BONSU

MAR 23 & 30 (2 WEEKS) UNDERSTANDING MY ANGER w/ Prabha Bassoo - Anger is a healthy emotion!

However we seem to get ourselves in a lot of trouble by venting our anger the wrong way. Learn healthy skills in dealing with, understanding and expressing our anger in an assertive way, as opposed to a passive or aggressive manner. FREE (\$25 donation welcome, if you can) SPONSORED BY THE MCLEAN FOUNDATION

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Phone: (416) 439-7111 X 7



Mail: Cut off registration form below and mail in



Walk-in: Monday to Thursday 9am-5pm; Friday 9am-4pm



Email: outreach@scarboroughwomenscentre.ca



Online: <http://www.scarboroughwomenscentre.ca/workshops/>
(fill out the form at the bottom of the page and click 'send')



Fax: (416) 439-6999 (cut out registration form below and fax in)

FIND US ON



DIRECTIONS

DRIVING:

Taking 401: Exit at Markham Road, go south on Markham Road. Turn right in driveway before Ellesmere Road. Free parking is available.

PUBLIC TRANSIT (TTC):

From Scarborough Town Centre: take the *Neilson 133* bus to Markham Road, or the *Highland Creek 38* bus to Markham Road. From York Mills Station (Yonge subway line): take *York Mills 95B, 95D* or *95F* bus to Markham Road. From Warden Station (Bloor subway line): take any *Markham 102* (except *102S*) bus to Ellesmere Road.

WINTER 2019 REGISTRATION - Return this form for programs and workshops you plan to attend.

Name: _____ Email Address: _____

Phone #: _____ Is it safe to call? Yes No Is it safe to leave you a message? Yes No

Do you have any special needs that require disability accommodation? Yes No If yes, please specify what accommodations you are requesting: _____

Enclosed is my donation of \$ _____ payable to Scarborough Women's Centre.

Visa/MasterCard#: _____ Expiry Date: _____ / _____ Total Amount \$ _____

Name on Card: _____ Signature: _____

Donate Online: <https://www.canadahelps.org/en/charities/scarborough-womens-centre/>

As space is limited, please register for no more than 5 workshops/courses at a time.

Course Name(s):

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

By providing us with your email address you consent to receive email communication from Scarborough Women's Centre (SWC). This includes but is not limited to SWC's program flyer, newsletter, AGM invitation and information on current events. You can unsubscribe at any time by selecting the unsubscribe link available within every email communication that you will receive. Please check box if you agree.