



# SCARBOROUGH WOMEN'S CENTRE

SPRING/  
SUMMER '19  
PROGRAM  
FLYER

APRIL TO JULY 2019

## MONDAY EVENINGS 7 PM - 9 PM

**APRIL 29 INTRO TO STARTING AN ONLINE BUSINESS w/ *Arooba Khan*** - Thinking of starting an e-commerce website? Online competition can be fiercer than ever. This is why figuring out what to sell online is a strategy in and of itself. We will discuss: 1. Introduction to selling online; is it right for you? 2. Leadership and Team Building Qualities 3. Choose The Right Platforms To Sell; Amazon, eBay, Facebook, Shopify, Your Own Website 4. Digital Marketing Tools To Drive Traffic To Your Store. FREE (\$5 donation welcome, if you can) SPONSORED BY DAVID PAULI, ANDREW JOHNSTON, CHRISTOPHER G. BRADLEY

**MAY 6 CONNECTING WITH OTHERS: IN PERSON AND ONLINE w/ *Farah Ali*** - Who doesn't like meeting new people? More and more connections are now being made online. In this workshop we discuss ways of networking online and in person and making connections for work, friendships and relationships. FREE (\$5 donation welcome, if you can) SPONSORED BY MARIE DUPLESSIS, SALESFORCE.ORG, CBA MANAGEMENT SERVICES

**MAY 13 BUILDING AND MAINTAINING GOOD CREDIT HISTORY w/ *Varni Tayalan*, **ACCESS Community Capital Fund** - Safe-guard your financial future and become credit savvy. You'll understand the Canadian credit system, credit reporting agencies, credit reports and scores, and how to repair or maintain good credit. FREE (\$5 donation welcome, if you can) SPONSORED BY ST. ANDREW'S CHARITABLE FOUNDATION**

**MAY 27 CLEAN FOODS: NATURAL DETOXING OPTIONS w/ *Helen Ziral*** - Reportedly toxins are around us, and in us. Ever thought of detoxing? We do not have to look far for an array of cleansing products, but did you know you can naturally detoxify your body through food? Join us and discover some options. FREE (\$5 donation welcome, if you can) SPONSORED BY ST. MARK'S UNITED CHURCH, CHINE DRIVE PUBLIC SCHOOL, JOHN MCCRAE SR. PUBLIC SCHOOL

**JUNE 3, 10 & 17 (3 WEEKS) MOVING FORWARD w/ *Vivienne Kendry*** - The end of any relationship can often be traumatic, painful and frustrating. Moving Forward is a three-session course designed to explore a positive, exciting and creative path to a new beginning. FREE (\$15 donation welcome, if you can) SPONSORED BY THE ROYAL LEPAGE SHELTER FOUNDATION, ROYAL LEPAGE ESTATE REALTY

## MONDAY EVENINGS 7 PM - 9 PM (CON'T)

**JUNE 24 INTRO TO WILLS & ESTATES w/ *Julie Sagara, LL.B., Lewin & Sagara LLP*** - Many of us put off making a will, but this is one of the greatest gifts you can give your family. Learn the steps to create and share your final wishes with those you love, ensuring that things are as uncomplicated as possible for them. We'll also discuss issues related to Power of Attorney to ensure that you have good support if you are ill. FREE SPONSORED BY DEBBIE HERRIDGE, MARY ABADJIAN, SAMEEN CHATOO

**JULY 8 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 (\$5 donation welcome, if you can) SPONSORED BY ELEMENTARY TEACHERS' FEDERATION OF ONTARIO, ELEMENTARY TEACHERS OF TORONTO

PLEASE PRE-REGISTER  
TO ENSURE YOUR SPOT!

- 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.

## TUESDAY EVENINGS 7 PM - 9 PM

**APRIL 16 BOUNDARIES BOOTCAMP w/ Darlene Montgomery** - Do you find it hard to say no? Are you feeling victimized? Do you rely on others for your sense of self? Do you find it hard to trust? Learn how your family system affected you and how to heal yourself. Discover how to identify your story and how to change it. Learn positive ways to stand up for yourself, learn your values, learn the power of the word NO. Discover your unique super power, how to speak your truth and to define yourself from within. FREE (\$5 donation welcome, if you can) SPONSORED BY TARA GEORGE, CHANEL GRENAWAY-MILLS, ANNISA MOHAMMED

**APRIL 30 SELF-ESTEEM & INTUITION w/ Vivienne Kendry** - Your inner voice is often an untapped resource and using it can be beneficial on so many levels. This workshop will help you link a healthy self-esteem to a more effective use of your intuition. FREE (\$5 donation welcome, if you can) SPONSORED BY CANADIAN FEDERATION OF UNIVERSITY WOMEN, SCARBOROUGH CHAPTER, JYOTHI MENEZES

**MAY 7 & 14 (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 THE GEORGE LUNAN FOUNDATION, POWER TECH SOLUTIONS, PROTON LEARNING CENTRE

**JUNE 4 & 11 (2 WEEKS) UNDER PRESSURE: HOW DIFFERENT PERSONALITY TYPES HANDLE STRESS w/ Helen Ziral** - There are at least 5 personality types. Type A, B, C, D and E. Personality types provide a model for the way we deal with stress. Is there a relationship between personality type and work stress and/or relationship stress? We will explore 5 personality types and identify effective stress management strategies. FREE (\$10 donation welcome, if you can) SPONSORED BY THE CATHERINE AND MAXWELL MEIGHEN FOUNDATION

**JUNE 18 NOURISHING CREATIVITY: AFFIRMATIONS FOR HEALING w/ Colleen Boehme** Using methods of mindfulness and expressive arts, we will talk about how creativity, playfulness, and self-compassion can support our healing. FREE (\$5 donation welcome, if you can) SPONSORED BY CHERYL L. DENOMY, CHRISTIANA CHEN, DIMITRA TSAGARIS, SAMANTHA CLARKE, VENESSE LEWIS, SUE OSBORNE

**JUNE 25 SAFE SKIN CARE w/ Helen Ziral** - Skin is our biggest pore, absorbing more than we think. How safe is your skincare? What toxins are you adding to your skin? There are many safe alternatives you may have right in your kitchen. FREE (\$5 donation welcome, if you can) SPONSORED BY CLAREN INC., LE CHATEAU INC., MUDANÇA CLOTHING

## TUESDAY EVENINGS 7 PM - 9 PM (CON'T)

**JULY 23 EMBRACING YOUR NEW SKIN w/ Amanda King, Shoppers Drug Mart** - Aging is a natural process everyone goes through but embracing it can be difficult. Learn how to create the ultimate skincare routine customized to what your skin needs and also how to bring out your natural beauty with the right makeup. FREE (\$5 donation welcome, if you can) SPONSORED BY SHOPPERS DRUG MART LIFE FOUNDATION, SCARBOROUGH SHOPPERS DRUG MART STORES

## WEDNESDAY AFTERNOONS 1 PM - 3 PM

**MAY 8 PURSUING COMPENSATION FOR VICTIMS OF SEXUAL ASSAULT: CIVIL LAWSUITS w/ Loretta P. Merritt, LL.B., LL. M., Torkin Manes LLP** - How do you win civil cases for sexual assault (individual perpetrators vs. institutions)? What damages can you get? Are there time limits for suing? Can you remain anonymous? Information about CICB claims. FREE SPONSORED BY ELAINE DANDY, FILOMENA DE SOUSA, FRAN ODETTE, NANCY MAXWELL

## THURSDAY EVENINGS 7 PM - 9 PM

**MAY 2 SPEAKING WITH CONFIDENCE w/ Laura Connor** - Effective communication is a necessary skill in today's competitive world. When you can clearly and confidently express yourself, you will be able communicate better with family, make new friends, acquire a new job, or start a new business. The possibilities are endless! FREE (\$5 donation welcome, if you can) SPONSORED BY NAN KOSOWAN, PENELOPE STUART, ANNE & PEDRO LEON

**MAY 9 THE FOUR AGREEMENTS w/ Cindy Stradling** - This program is 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. The Four Agreements are: First: Be Impeccable with Your Word. Second: Don't Take Anything Personally. Third: Don't Make Assumptions. Fourth: Always Do Your Best. FREE (\$5 donation welcome, if you can) SPONSORED BY ROCHELLE & CALVIN SAGER FOUNDATION, SKF CANADA EMPLOYEES CHARITY FUND, SATEC @ W.A. PORTER, TDSB SPOTLIGHT CHARITY CONCERT

**MAY 23 & 30 (2 WEEKS) THE HAPPINESS PROJECT w/ Darlene Montgomery** - Do you struggle with depression, a feeling of lack, confusion about your life, and wonder how to create a happier future? Learn how to shift your mood through a variety of proven methods. Discover how to rewire your brain for increased joy and happiness, using visualization, tapping, journaling, shadow work, and more. Take part in this life changing experience and teach yourself to be happy by changing your outlook, life story, and perspective by applying some simple, but powerful, tools. FREE (\$10 donation welcome, if you can) SPONSORED BY JOANNA WRIGHT, VIVIENNE POY, KATHARINE ALLAN

YOU CAN REGISTER FROM OUR WEBSITE! CLICK ON 'SERVICES' AND SELECT 'WORKSHOPS' FROM THE DROP DOWN MENU.

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

PHONE: 416-439-7111 FAX: 416-439-6999 [outreach@scarboroughwomenscentre.ca](mailto:outreach@scarboroughwomenscentre.ca) [www.scarboroughwomenscentre.ca](http://www.scarboroughwomenscentre.ca)

## THURSDAY EVENINGS 7 PM - 9 PM (CON'T)

### **JUNE 6 STRESS BUSTING SUPERFOODS w/**

**Jasmin Jagpal, Green Soul Vibe** - The foods we eat have an effect on our mood, mental state, and overall well-being. When we're stressed, we tend to eat snacks and meals that force the body to burn through the adrenal glands of our hormonal system, which tend to put the body in a greater state of stress. Learn how to manage stress, mood swings, anxiety, and irritability by eating more stress-fighting foods. We will discuss which nutrients can help you effectively cope with daily stressors and how to incorporate them into your diet. A stress-busting super foods list and recipe handouts to be provided, to help you implement the best conscious food choices ideal for your lifestyle. FREE (\$5 donation welcome, if you can) SPONSORED BY JEN MACBRUCE BONSU, JUDIT MARINCAN

**JUNE 20 TALK THE TALK w/ Onsia Ansari** - We're repeatedly told that communication is one of the most important aspects of any relationship. But mastering the art of communication can be challenging! If you find yourself dreading the idea of having difficult (but important) conversations or struggle with expressing your needs, this workshop is for you. We will review common communication problems people face and then learn about effective communication strategies that can drastically help us better express ourselves. FREE (\$5 donation welcome, if you can) SPONSORED BY IRENE REY, HENNA SETHI, JANICE NICHOLSON, NEETI SHARMA

## FRIDAY AFTERNOONS 1 PM - 3 PM

**MAY 10 PAINT IT OUT w/ Karina Karys** - Have you used counselling services and found that some things are more difficult to get off your chest? Painting out what you are feeling and thinking might be the type of outlet you are looking for. In this group we will focus on resilience and living in the moment. No artistic ability is required to attend this workshop. FREE (\$5 donation welcome, if you can) SPONSORED BY ONTARIO POWER GENERATION EMPLOYEE & PENSIONERS' CHARITY TRUST, AGINCOURT CIVITAN CLUB, JULIE HIROZ, LOVEDEEP SINGH

## SATURDAYS 10 AM - 3 PM

**APRIL 27 TACKLING UNHELPFUL THINKING HABITS w/ Reshma Dhrodia** - This workshop will help you to identify "thought traps" that may be impacting your mood, behaviour, and relationships in negative ways. Learn how to challenge common unhelpful thinking habits that may prevent you from leading a more positive, fulfilling life. The importance of self-care, including boundary setting, will also be discussed. FREE (\$15 donation welcome, if you can) SPONSORED BY SCARBOROUGH TOYOTA, THE INTERNATIONAL GROUP

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## SATURDAYS 10 AM - 3 PM (CON'T)

**MAY 11 HEALING INHERITED FAMILY TRAUMA w/ Darlene Montgomery** - Do you keep trying to move forward in business, relationships, or financially but encounter the same obstacles again and again? The latest research affirms that traumatic experiences are passed on to us from our parents and ancestral line. In this workshop learn to recognize your own inherited family patterns and discover how to resolve these patterns with Family Constellations, meditation, and meridian tapping. FREE (\$15 donation welcome, if you can) SPONSORED BY MCCARTHY TETRAULT FOUNDATION, UNIFOR SOCIAL JUSTICE FUND

**MAY 25 SIX PILLARS OF SELF-ESTEEM: THE PRACTICE OF LIVING w/ Cindy Stradling** - We will explore the six pillars of self esteem: Living Consciously, Self-acceptance, Self-responsibility, Self-assertiveness, Living purposefully, and Personal Integrity. Participants will journal their personal responses to a series of questions, and identify and set goals to live more powerfully using each of the pillars. It is a powerful way to learn to feel better about ourselves and understand some basic principles on how to continue to develop and grow our level of self-confidence. Based on the book "6 Pillars of Self Esteem" by Nathaniel Brandon. FREE (\$15 donation welcome, if you can) SPONSORED BY THE ESTATE OF MS. MITRA INDIRA SINGH

**JUNE 1 & 8 (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 J.P. BICKELL FOUNDATION, THE MCLEAN FOUNDATION

**JUNE 15 THE CHILD WITHIN w/ Vivienne Kendry** - This group will support us looking back to our early years and help us draw the links to who we have become. With compassion we can feel all that our inner child may have experienced and use this group to support ourselves moving forward. FREE (\$15 donation welcome, if you can) SPONSORED BY ONTARIO REALTORS CARE FOUNDATION

**JUNE 22 TAKE A LOAD OFF: EMOTIONAL HEALING w/ Helen Ziral** - What is your "emotion effect"? Are you hanging on to emotional baggage like anger, anxiety, self-doubt, shame, and sadness? Attend this session and unpack your baggage, lighten your load and work toward healing. FREE (\$15 donation welcome, if you can) SPONSORED BY THE ROTARY CLUB OF AGINCOURT

WE GRATEFULLY ACKNOWLEDGE THE  
SUPPORT OF THE CITY OF TORONTO  
TO MAKE THESE PROGRAMS POSSIBLE

# PLEASE PRE-REGISTER TO ENSURE YOUR SPOT!



**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](mailto: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.

## **SPRING/SUMMER 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.

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