



# WOMEN AT THE CENTRE

Volume 26, Issue 1  
Fall 2019

## SCARBOROUGH WOMEN'S CENTRE

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## Please join us for The Scarborough Women's Centre 2019 ANNUAL GENERAL MEETING

Wednesday, September 25th from 6:30 - 8:30 PM at the Scarborough Civic Centre Rotunda, 150 Borough Drive

**Guest Speaker:** Marian MacGregor, *Executive Director, Centre for Human Rights, Equity & Inclusion at York University*  
**2019 Volunteers of the Year:** Scarborough Toyota

### Please RSVP by Wednesday, September 18th

via email: [adminassist@scarboroughwomenscentre.ca](mailto:adminassist@scarboroughwomenscentre.ca) or phone: (416) 439-7111

**Attendant care will be available. Please let us know if you require any accommodation.**

## UNDERSTANDING YOUR ANGER

You take deep breaths. You count to 10. You do everything to keep your blood from boiling over. But you feel it. You're getting warm. And you find yourself getting angrier and angrier until you are so mad you feel like you're about to burst!

Anger can be a harmful emotion. It can devastate our well-being, destroy even the closest of relationships, and strand us far from where we actually want to be. However, it can also be reframed once we understand the root cause of it. And there are workshops out there that talk about how to vent our anger through the right channels.

One of the many free workshops Scarborough Women's Centre offers is one by Prabha Basso called 'Understanding Your Anger'. Prabha has been a facilitator at the Centre for over 17 years and has worked closely with vulnerable and marginalized women in a range of roles.

The main focus of her upcoming workshop is to encourage women to be the boss of their own anger. Through small group discussions, they learn how to work through and understand how negative thoughts can lead to negative feelings, which in turn can manifest outwardly (explosive) or inwardly (implosive).

She educates women on new strategies to re-direct their anger to more positive and healthy outcomes. At the same time, she's teaching them to accept, validate and acknowledge it. The overall goal is to make participants feel hopeful, respected, self-assured and supported. They deserve to rewrite new chapters of their lives.

For Prabha, her greatest reward is seeing women continue to make positive steps on their journey, including closing past hurtful and painful wounds, and healing and moving forward to new beginnings. She absolutely enjoys the work she does at SWC, and prides herself in spreading her message of: CHOICE IS MY CHANCE TO DO BETTER.

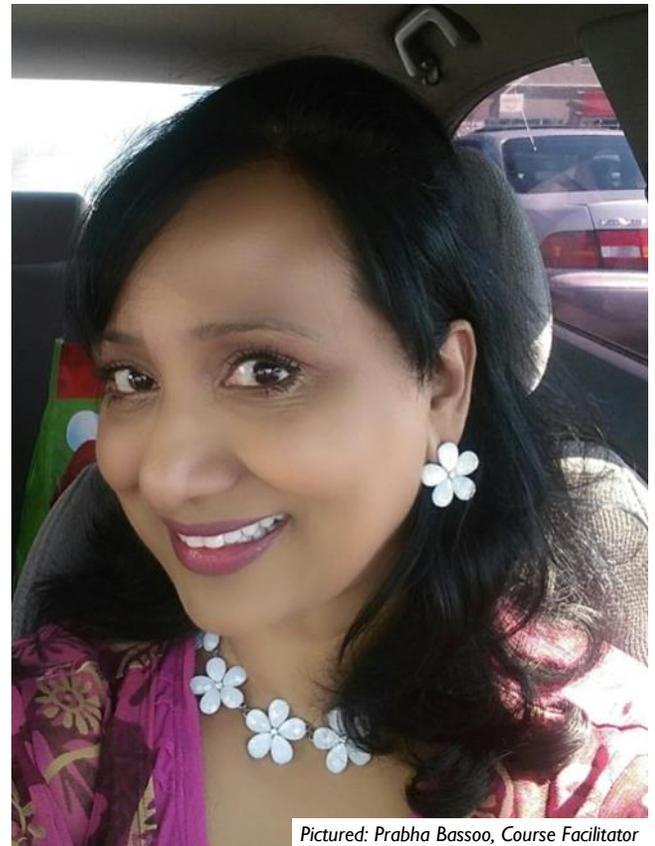
**Daycia Patterson**

*This article previously appeared in the Scarborough Mirror on March 3rd, 2019*

This semester, "Understanding Your Anger" is being offered as a 2-part course on Saturday, November 2nd and 9th, 2019.

You can register by phone at 416-439-7111 or online here: <http://www.scarboroughwomenscentre.ca/workshops/>

*Scarborough Women's Centre is able to offer workshops and courses thanks to generous support from The Government of Ontario and The City of Toronto, along with donations from The Royal LePage Shelter Foundation, Ontario Realtors Care Foundation, Scarborough Toyota, Shoppers Drug Mart Life Foundation and Royal LePage Estate Realty. Thank you so much!*



*Pictured: Prabha Basso, Course Facilitator*

# IT WAS THE BEST OF TIMES, IT WAS THE WORST OF TIMES

“It was the best of times. It was the worst of times.” These were the words of Charles Dickens in *The Tale of Two Cities*. I enjoyed reading this author although it was required by school. Throughout various stages in life, there are times that we can clearly say these are the best days of our lives. Other times are clearly noted as the worst days of life. Perception is important, but each day can become either the best or worst day depending on what we do with it. Seize the day! What do you want to do that you like and enjoy? Live your life to the fullest with few or no regrets. Settle accounts, then clear them. Work through issues, then relax. Work in whatever capacity you can, then enjoy your play.

But you say, the conditions are not conducive for fun, or relaxing. How can I play or have fun in a war zone, or in total chaos? Either clear the chaos, or relax. Even soldiers have to sleep. They just post guards! Objective in a war zone: Stay alive. After that, check for life-threatening wounds. After that, check for broken bones etc. You are doing this both physically, spiritually, intellectually, and emotionally. All aspects are important for healing and renewal of strength. Clear things as they go or it will take longer to heal. Things are going to be as good as we make them!

**Jacynth Fennell, PhD, Counsellor**  
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*Scarborough Women's Centre thanks The Government of Ontario and The City of Toronto for their generous support of this program.*



## THE “PICK 2” PROCESS FOR PERSONAL GROWTH

Most individuals who reach out for counselling express a sincere desire to know how to get better and what they can do to overcome their current circumstances. The truth is that there are a number of things that will contribute to improvement of one's overall functioning, assist the body and mind to heal from difficult experiences, and enrich our sense of self. This includes a focus on:

1. Mind/Mental Health – Some people have already embarked on improvements in this area by initiating the counselling process. Through this journey, a person can exercise greater self-awareness and work towards improved stabilization of emotions.
2. Nutrition – Food can be a source of enrichment or harm. According to Eva Selhub, MD, “what you eat directly affects the structure and function of your brain and, ultimately, your mood”
3. Movement/Exercise – According to Sarah Gingell, Ph.D, “exercise reduces the likelihood of depression and also maintains mental health as we age.”
4. Relationships/Community – According to the Canadian Institute for Health Information, social support has been shown to be a consistent protective factor for individuals who are experiencing high levels of stress. There could be difficult interactions or challenges within certain relationships that might impact a person's well-being.
5. Physical Setting/Environment – Having a safe and stable

environment can contribute to optimal wellness. There might be considerations in a person's home and/or work environment that need to be addressed or altered.

Additionally, studies also reveal that mental health can be affected in some way by routine exposure to light. “Exposure to natural sunlight, especially in the early morning, has significant antidepressant benefits”, says James Lake, MD. Opening the blinds, going for a walk, or parking a bit further are simple ways to regulate melatonin and neurotransmitters, while creating higher amounts of essential vitamin D.

With so many facets that can influence our well-being, the question that arises quite often is where to begin. Consider picking two (2) and begin there. For example, if you've started counselling, you might also incorporate short periods of gentle exercise. Or perhaps you've started counselling and you're ready to improve your eating habits. The goal is to reduce feeling overwhelmed and make growth manageable. You're less likely to give up and you also have an opportunity to see progress and/or success along the way.

**Carol Soares, RSW, Counsellor**  
416-439-7111 x 6 or

[uwcounsellor@scarboroughwomenscentre.ca](mailto:uwcounsellor@scarboroughwomenscentre.ca)

*Scarborough Women's Centre thanks The United Way Greater Toronto for their generous support of this program.*

**WOMEN AT THE CENTRE** IS A PUBLICATION OF SCARBOROUGH WOMEN'S CENTRE.

LETTERS AND SUGGESTIONS ARE ALWAYS WELCOME. PLEASE FORWARD TO:

**LYNDA KOSOWAN, MSW, RSW, EXECUTIVE DIRECTOR AND EDITOR AT** [ed@scarboroughwomenscentre.ca](mailto:ed@scarboroughwomenscentre.ca)

DESIGN AND LAYOUT: KALUM PERERA

**FIND US  
ON SOCIAL  
MEDIA!**





*Pictured: Melissa Simas, Photo by: Liz Chornenki*

## EXPANDING THE REACH: INCLUSIVE RECRUITMENT AND HIRING PRACTICES

Are you an employer interested in making your recruitment and hiring practices more inclusive to women with disabilities? Through our research project, we have learned strategies that employers can use to expand their reach to qualified candidates with disabilities. Some key strategies identified are:

- Form partnerships with disability organizations who can help circulate job postings to potential candidates
- Review job descriptions to ensure the stated requirements are absolutely necessary for the completion of the job
- Offer candidates a variety of options by which they can apply for positions
- Clearly convey the accommodations available throughout the recruitment and hiring process.
- Recognize that people with disabilities may have less work experience because of systemic barriers and acknowledge the value of transferrable skills that come from volunteer work and lived experience
- Provide mentorship opportunities for employees with disabilities to learn and seek guidance from more senior employees.

Inclusive recruitment and hiring practices will demonstrate your organizational commitment to diversity, help make your organization more reflective of the communities you serve, expand your client base, and lead to greater job satisfaction. To learn more about inclusive workplaces, check out our Fall 2018 issue on our website. If you are interested in learning more about our project, please contact Melissa Simas by phone at 416-439-7111 x 3 or email at [program@scarboroughwomenscentre.ca](mailto:program@scarboroughwomenscentre.ca).

**Melissa Simas, MSW, RSW**  
*Program Coordinator, Expanding the Reach*

*Thank you to our project partners and to the Department of Women and Gender Equality Canada for supporting women with disabilities!*

## #YOUAREINCONTROL

Working closely with the Building Strong Futures: Young Women's Program, one of my primary tasks as an outreach worker was to provide an online presence and curate social media posts to reflect the program's mission.

As social media and technology continue to expand exponentially, youth will be using these platforms all the time. During summer vacation social media usage for youth is sure to increase.

We live in an age where anyone can be a social media influencer even if they don't realize it. I know that my fashion and food purchases, inner emotions etc. can be influenced by social media. With the expected increase of social media usage during the summer, I wanted to remind youth (and everyone else) of the fine lines.

I used to believe that, in order to not be influenced by social media, you should just completely log off from time to time. Now, with this task where I had to use social media every day, I realized that we must be choosy and understand that we are in control of what pops up into our feeds. Make choices about who you follow and begin to unfollow accounts that don't serve you anymore. A lot of the time, we run to social media as a distraction or when we find ourselves in a bad place, and if we constantly view posts that might make us feel bad about ourselves, what a vicious cycle that can be. These were the thoughts that I reflected upon before every post.

I had a great time connecting with others through curating the program's social media pages. I was able to exercise some creativity by running a few activities at the Centre and also showcase lots of wholesome memes and art about wellness.

**Merissa Gladys Peña, BSc (Psychology), SSW**  
*Young Women's Outreach Worker (Summer 2019)*

*Thank you to Service Canada for making this great learning opportunity possible. We appreciate our funders – Mackenzie Financial Charitable Foundation and Johansen-Larsen Foundation for their support of girls building strong futures!*



*Pictured: Merissa Gladys Peña*

# OUR GENEROUS DONORS - THANK YOU!

## GOVERNMENT FUNDERS

Service Canada, Government of Canada-Department for Women and Gender Equality, Government of Ontario-Ministry of Children, Community and Social Services (Women's Issues), City of Toronto-Community Service Partnership Program, City of Toronto-Investing in Neighbourhoods Program

## FOUNDATIONS & N.G.O.s

The Catherine & Maxwell Meighen Foundation, The George Lunan Foundation, Johansen Larsen Foundation, Mackenzie Financial Charitable Foundation, McCarthy Tetrault Foundation, Ontario Realtors Care Foundation, Rochelle & Calvin Sager Foundation, Shoppers Drug Mart Life Foundation, St. Andrew's Charitable Foundation, The Royal LePage Shelter Foundation, United Way Greater Toronto

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## EXTERNAL EVENTS

Canadian Federation of University Women (Scarborough) Fashion Show, Scarborough Toyota Community Outreach Campaign, Shoppers Drug Mart Growing Women's Health Campaign, TDSB Spotlight Talent Night



SCARBOROUGH  
WOMEN'S CENTRE 2100 Ellesmere Road, Suite 245  
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Please keep me informed of Centre activities.

FALL 2019