



# SCARBOROUGH WOMEN'S CENTRE

FALL 2019  
PROGRAM  
FLYER

SEPTEMBER TO DECEMBER 2019

## MONDAY EVENINGS 7 PM - 9 PM

**SEPT 30 INTRO TO FAMILY LAW w/ Cheryl Williams LL.B., Williams Family Lawyers** - A family lawyer discusses topics like support, child custody, and other family law matters. This is an information session to equip you with basic knowledge on family law. *NOTE: We will not discuss detailed personal situations.* **FREE SPONSORED BY WILLIAMS FAMILY LAWYERS, ST. MARK'S UNITED CHURCH**

**OCT 7 HELP WITH HOUSING w/ Lovely Chowdry, The Housing Help Centre** - Accessing safe and affordable housing in the city can be a real problem. Let us help you find solutions! We will explore various housing options available in Toronto, as well as programs that offer interest free loans to help you with rent (if you are facing eviction or you need help with a First and Last month deposit). We will also offer information about programs that provide grants to help with Electricity/Gas bills. **FREE (\$5 donation welcome, if you can) SPONSORED BY THE HOUSING HELP CENTRE, ANNISA MOHAMMED**

**OCT 28 IMPROVING YOUR SOFT SKILLS FOR THE WORKPLACE w/ Iman Mohamed, Skills for Change** Soft skills are the interpersonal skills that affect your ability to work with others. Many employers believe that candidates lack the vital soft skills (like effective communication and problem-solving) needed to be successful at their job. Learn how to identify the key soft skills you need to excel in any workplace. **FREE (\$5 donation welcome, if you can) SPONSORED BY SKILLS FOR CHANGE, ELAINE DANDY**

**NOV 4 SAVING STRATEGIES: EASY CONCEPT, DIFFICULT REALITY w/ CPA Canada** - Saving money is a lot easier said than done. If you find it a struggle, join us for a workshop that looks at turning the concept of saving money into a reality that works for you. Learn how to save more to pay down debt and how to use the power of compounding to make savings grow. Start to invest in the future in order to realize your goals and dreams. **FREE (\$5 donation welcome, if you can) SPONSORED BY CPA CANADA, THE ROCHELLE & CALVIN SAGER FOUNDATION**

**NOV 11 THE VIRTUAL GROCERY STORE TOUR w/ Jasmin Jagpal, Green Soul Vibe** - What's in your grocery cart? Is it mindfully or mindlessly chosen? Is it full of brightly coloured or dull and neutral foods? Let's go on a virtual tour through the aisles of the grocery store to learn how to plan and buy healthy meals and snacks for you and your family. **FREE (\$5 donation welcome, if you can) SPONSORED BY KACIAN SIMPSON, KATHARINE ALLAN, LYNDA HANLEY**

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

**NOV 18 SKINCARE DIY w/ Joanna Wright, Wright Spa** Learn to make your own body care products in this hands-on workshop. Learn how to customize products for your skin type and how to choose therapeutic oils, and healing botanicals. Leave with a recipe for a full-sized product to use right away. **FREE (\$5 donation welcome, if you can) SPONSORED BY WRIGHT SPA, CHRISTOPHER G. BRADLEY**

**NOV 25 LOOKING FOR WORK IN PERSON & ONLINE w/ Iman Mohamed, Skills for Change** - This job search workshop will provide you with the knowledge and skills to write an impactful résumé and cover letter, access the hidden job market, and impress potential employers and recruiters to successfully land a position that meets your needs. **FREE (\$5 donation welcome, if you can) SPONSORED BY SKILLS FOR CHANGE, CBA MANAGEMENT SERVICES**

**DEC 2 HOLIDAY DREAD w/ Vivienne Kendry** Approaching the holiday season, we are often filled with a mix of hope and dread. Stress levels run high as we try to make preparations while ensuring everyone gets along. We will discuss how to practice self-care, and explore ways of finding peace and calm to help make the holiday season an enjoyable one. **FREE (\$5 donation welcome, if you can) SPONSORED BY SKF CANADA EMPLOYEES CHARITY FUND, WAI-MAN HUI**

**DEC 9 COLOUR YOUR SELF-ESTEEM w/ Melissa Simas** - In this interactive workshop, we will explore what factors impact our self-esteem and learn how art can improve it. Colouring sheets and supplies will be provided. **FREE (\$5 donation welcome, if you can) SPONSORED BY THE ESTATE OF MS. MITRA INDIRA SINGH, DAVID PAULI**

## TUESDAY EVENINGS 7 PM - 9 PM

**OCT 1 & 8 (2 WEEKS) DEALING WITH DEPRESSION w/ Vivienne Kendry** - This workshop offers an in-depth look at depression, different types of depression and sadness, and the stigma we experience. Learn to work toward long-term solutions in dealing with this important issue. **FREE (\$10 donation welcome, if you can) SPONSORED BY THE ONTARIO REALTORS CARE FOUNDATION**

**OCT 22 EMOTIONAL INDEPENDENCE & ASSERTIVENESS w/ Helen Ziral** - Self-esteem fosters positive and assertive communication with others. Recognize that you are not the product of others' opinions. Develop the confidence to assertively state your case because others don't control your emotions - you do. **FREE (\$5 donation welcome, if you can) SPONSORED BY THE ROTARY CLUB OF AGINCOURT**

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)

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

**OCT 29 SOCIAL MEDIA #BASICS w/ Farah Mustafa**  
From Twitter and Instagram to Facebook and LinkedIn, learn how to set up your profiles, how to use these platforms for your needs, and to stay safe, balanced and engaged online. Work on using social media to pursue your passions. You are encouraged to bring your devices to participate. FREE (\$5 donation welcome, if you can) **SPONSORED BY TDSB SPOTLIGHT TALENT NIGHT, FRANCIS LIBERMANN C.H.S.**

**NOV 12 & 19 (2 WEEKS) THE 4 AGREEMENTS w/ Cindy Stradling** - This course is based on the book by Don Miguel Ruiz. The 4 Agreements offer a powerful code of conduct that can transform lives to a new experience of freedom, happiness and love. *The 4 Agreements are: 1st: Be Impeccable with Your Word. 2nd: Don't Take Anything Personally. 3rd: Don't Make Assumptions. 4th: Always Do Your Best.* FREE (\$10 donation welcome, if you can) **SPONSORED BY JUDIT MARINCAN, JULIE HIROZ, JYOTHI MENEZES**

**DEC 3 MENOPAUSE & BONE HEALTH w/ Meena B.Jain R.Ph & Dr. Tasha Thavarajah** - Learn how menopause affects daily life with special emphasis on bone health and osteoporosis. We 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). 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 FILOMENA DE SOUSA, JANICE NICHOLSON, JEN BONSU**

## THURSDAY EVENINGS 7 PM - 9 PM

**SEPT 26 CONVERSATIONS IN COMFORT w/ Farah Ali** - Speaking involves body language, knowing the topic, being at ease, letting go of fear and being comfortable. Our aim is to help you enhance your conversations by working with you in all the above areas so you are better able to communicate in different situations and with different people. FREE (\$5 donation welcome, if you can) **SPONSORED BY THE CATHERINE & MAXWELL MEIGHEN FOUNDATION**

**OCT 3 STARTING A SUCCESSFUL BUSINESS w/ Michelle Lochan** - There are 5 important factors to consider before investing time and energy into your business idea. Participants will consider their readiness to commit to a business idea and gain an understanding of free resources that are available to make self-employment and entrepreneurship a viable source of income. FREE (\$5 donation welcome, if you can) **SPONSORED BY SWEET CAROLINE CAFÉ, CLAREN INC.**

**OCT 17 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 to 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 CANADIAN FEDERATION OF UNIVERSITY WOMEN – SCARBOROUGH CHAPTER**

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

**OCT 24 WINTER IS COMING: STRENGTHEN YOUR IMMUNE SYSTEM w/ Helen Ziral** - The leaves are falling and it's starting to get cold outside. That means Winter/Cold & Flu season is just around the corner. A healthy immune system can be a great defense. Learn how to strengthen your immune system and keep yourself healthy in the cold weather. FREE (\$5 donation welcome, if you can) **SPONSORED BY K WENDY GRAY, LILIANA VERA-MONTANO, LOVEDEEP SINGH**

**NOV 7 BREAK FREE FROM SELF-DEFEATING BELIEFS & BEHAVIOURS w/ Helen Ziral** - Trust, nourish and accept yourself as you approach your stresses. Challenge self-defeating behaviours. Learn to withstand life's pressures and to recognize the signals of self-sabotage. Break free, recharge and revitalize yourself emotionally. FREE (\$5 donation welcome, if you can) **SPONSORED BY ARTHUR & MARY HEINMAA, ANN & PEDRO LEON**

**NOV 14 HEALING AFTER 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. It will include practical tips and tools to help women process the experience, acknowledge the learning that comes from loss, and move forward. FREE (\$5 donation welcome, if you can) **SPONSORED BY NAN KOSOWAN, PENELOPE STUART, KATHY KILLINGER**

**NOV 21 HOW TO TEACH YOUR KIDS ABOUT MONEY w/ CPA Canada** - We all want our kids to make smart choices when it comes to money. Get information and tips to raise kids who are financially independent and responsible. We will also discuss the challenges of raising money-smart kids. You will also learn how to address age-appropriate money-related topics with young kids, pre-teens, teenagers and emerging adults. FREE (\$5 donation welcome, if you can) **SPONSORED BY CPA CANADA, ELEMENTARY TEACHERS' FEDERATION OF ONTARIO, SATEC @ W.A. PORTER, BLISS CARMEN SR. P.S.**

**NOV 28 FOODS TO FIGHT INFLAMMATION w/ Jasmin Jagpal, Green Soul Vibe** - Inflammation is a popular buzzword these days, and for good reason. Inflammation occurs within the body and while we can't see it, we do feel it as it's linked to common diseases, such as Rheumatoid Arthritis, Irritable Bowel Syndrome, and Alzheimer's. Anti-inflammatory foods contain compounds that can prevent or decrease inflammation. Learn about key anti-inflammatory foods that can support your immune system and how to incorporate them into your lifestyle. FREE (\$5 donation welcome, if you can) **SPONSORED BY CHRISTIANA CHEN, DIMITRA TSAGARIS, VENESSE LEWIS**

**DEC 5 EVERYDAY SELF-CARE w/ Melissa Simas** - Do you struggle with making yourself a priority? Learn simple, everyday strategies that you can use to help put yourself first. FREE (\$5 donation welcome, if you can) **SPONSORED BY BETH PURDON-MCLELLAN, CHERYL DENOMY**

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



**SEPT 28 AN ATTITUDE OF GRATITUDE w/ *Vivienne Kendry*** - Often women identify that the difference between being happy or sad is gratitude, and they often realize that they have much more fulfilling lives than they initially thought. If we want to live with a "glass half full" philosophy, then we need to learn how to practice gratitude. FREE (\$15 donation welcome, if you can) **SPONSORED BY SCARBOROUGH TOYOTA**

**OCT 5 UNDER PRESSURE: HOW DIFFERENT PERSONALITY TYPES HANDLE STRESS w/ *Helen Ziral*** - There are at least 5 personality types. 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 (\$15 donation welcome, if you can) **SPONSORED BY MCCARTHY TETRAULT FOUNDATION, LYN MCDONNELL**

**OCT 19 YOU ARE ENOUGH w/ *Christine Sarbu*** - Let's spend some time exploring our beautiful selves, creating some art together to express our hopes and dreams and sharing with the group as we feel inspired. Learning more about yourself helps you move towards being compassionate with your truest friend, your inner child. Your takeaways will include some tangible tools for slowing down, reflecting and listening to your inner wisdom, and scheduling in self-care, along with an opportunity to create a personalized art piece. \*NO ARTISTIC EXPERIENCE REQUIRED\* FREE (\$15 donation welcome, if you can) **SPONSORED BY THE GEORGE LUNAN FOUNDATION, MARY ABADJIAN**

**OCT 26 THE 3 MS 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 (\$15 donation welcome, if you can) **SPONSORED BY SALESFORCE.COM, SUE OSBORNE, TARA GEORGE, MUDANÇA CLOTHING**

**NOV 2 & 9 (2 WEEKS) UNDERSTANDING YOUR 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 UNIFOR SOCIAL JUSTICE FUND, NANCY MAXWELL, NEETI SHARMA**

**NOV 16 RECLAIMING INNER BALANCE w/ *Colleen Boehme & Naszrin Arghoshi*** - Everyone worries and feels anxious from time to time. For some of us, however, the worrying can be constant and ends up being an exhausting and overwhelming experience. But we aren't powerless. Learn how to identify your worries and practice strategies that can make you feel more balanced and moves you toward wellness. FREE (\$15 donation welcome, if you can) **SPONSORED BY SHOPPERS DRUG MART LIFE FOUNDATION, SHOPPERS DRUG MART - SCARBOROUGH STORES**

**NOV 23 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 ST. ANDREW'S CHARITABLE FOUNDATION, POWER TECH SOLUTIONS INC.**

**NOV 30 THE 6 PILLARS OF SELF-ESTEEM - THE PRACTICE OF LIVING w/ *Cindy Stradling*** - Self-Esteem is the discipline of acting in a certain way over and over again day by day in big issues and small. 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 for the participants to learn to feel better about themselves and understand some basic principles on how to continue to develop and grow their 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 ROYAL LEPAGE SHELTER FOUNDATION, ROYAL LEPAGE ESTATE REALTY**

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

## 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.

# 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.

## **FALL 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.