In response to the physical distancing restrictions SWC is offering webinars through the Webex Events platform. You can “attend” these webinars from your home, using your computer or mobile device. If you don’t have a reliable internet connection, you have the option call in and listen to the webinar on your phone. Sign up for more details!

**Tuesday, May 19th from 2:30 - 4:00 PM**
**THE 3 M’s TO A HAPPIER STATE OF MIND**
*with Cindy Stradling*
Explore the neuroscience behind our emotions and learn new techniques to manage when we are in difficult situations. Learn to identify how you react to life’s events and learn tools to cope with the pace of change, develop more resilience, and live a happier life.

**PLEASE SIGN UP BY MONDAY, MAY 18TH**

**Thursday, May 21st from 2:30 - 4:00 PM**
**KEEPING IT TOGETHER**
*with Helen Ziral*
Our lives have changed radically and we might be stuck indoors for some time. We can control ourselves and how we adapt. Work toward finding your happiness formula.

**PLEASE SIGN UP BY WEDNESDAY, MAY 20TH**

**How to Sign Up**
Sign up via the form on our website (scroll down to the bottom of the page):
http://www.scarboroughwomenscentre.ca/workshops/

*Please note* that you need a current email address, that is regularly checked, in order to sign up for SWC webinars.

May 2020