



FALL 2020 WEBINAR SCHEDULE PART 1: OCTOBER

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 to call in and listen to the webinar on your phone.

Sign up through the form on our website (scroll down to the bottom of the page and be sure to fill out each section) and we will send you the link and password along with the call-in information if you would rather listen your phone:

<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. After the webinar you will be asked by email to complete a brief online evaluation.

TUES, OCT 6 - 2:30 TO 4:00 PM

TOLERATING UNCERTAINTY w/ Onsia Ansari - They say that the only thing that's certain is uncertainty. But for many of us, uncertainty is uncomfortable! One way to address these worries is to apply practical habits to better build a tolerance for uncertainty. This webinar will walk us through building those habits in our daily lives. **Register by Sun, Oct 4.** Sponsored by The Tippet Foundation



TUES, OCT 6 - 7:00 TO 8:30 PM

RELATIONSHIP MYTHS w/ Helen Ziral We're all familiar with relationship myths. It's hard to avoid them. Identify common relationship myths, understand the truth behind them, and navigate through the pitfalls as we learn about self in relationships. **Register by Sun, Oct 4.** Sponsored by Sweet Caroline Café, Kissan International (Canada), Lee Tak Wai Foundation, GIVE Foundation



THURS, OCT 15 - 2:30 TO 4:00 PM

STEP INTO YOUR WORTH w/ Onsia Ansari - Somewhere along the way, you heard the message 'I'm not enough' and took this to be your truth. Or maybe you're finding your self-worth tied to external validation and accomplishments? As a society, we've developed beliefs about what we do and don't deserve. Learn how to build a solid sense of self-worth based on your terms and to be your own cheerleader. **Register by Tues, Oct 13.** Sponsored by *The Rotary Club of Agincourt*

THURS, OCT 15 & 22 - 7:00 TO 8:30 PM

DECLUTTERING YOUR LIFE w/ Farah Ali Start exploring ways of clearing out the clutter in your personal, social and professional lives. Examine your home, work, and the people in your life. Decluttering your life will help you to be clearer and more focused on the things that you find important. **Please note that this is a 2 part webinar that runs back to back Thursdays.** **Register by Tues, Oct 13.** Sponsored by *The Royal LePage Shelter Foundation & Royal LePage Estate Realty*

TUES, OCT 20 - 2:30 TO 4:00 PM

REACHING YOUR POTENTIAL w/ Christina Friend, *ACCESS Community Capital Fund* - Want to start a small business or relaunch your career in Canada? We can help you through affordable microloans and training programs. Learn about programs like Small Business Loans, Foreign Credential Recognition Loans and the Women's Business Accelerator Program. **Register by Sun, Oct 18.** Sponsored by *ACCESS Community Capital Fund, Judit Marincan*

TUES, OCT 20 - 7:00 TO 8:30 PM

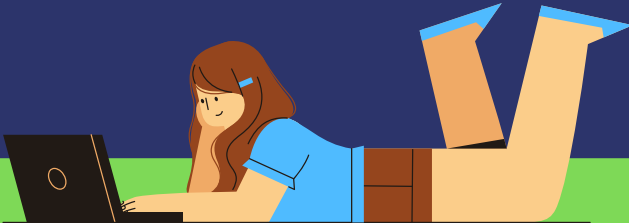
MAKING TIME FOR "ME-TIME" w/ Christine Sarbu - Are you feeling worn out or in need of some Me-Time? Do you think to yourself, "I just don't have the time or energy to take care of myself"? Explore applying loving actions towards yourself and learn some simple ways to include self care into your daily routine. **Register by Sun, Oct 18.** Sponsored by *St. Andrew's Charitable Foundation*

THURS, OCT 22 - 2:30 TO 4:00 PM

GET STUFF DONE w/ Irene Anderson - Do you suffer from Shiny Object Syndrome? Do distractions cause you to procrastinate or leave projects half finished? You are not alone! We all do it! Learn five easy steps to help you focus and get you back on track to finish what you started. **Register by Tues, Oct 20.** Sponsored by *Shoppers Drug Mart LIFE Foundation, The LOVE YOU by Shoppers Drug Mart Program & Scarborough Shoppers Drug Mart and Wellwise Stores*



WE GRATEFULLY ACKNOWLEDGE THE SUPPORT OF THE GOVERNMENT OF ONTARIO AND THE CITY OF TORONTO TO MAKE THESE PROGRAMS POSSIBLE.



SAT, OCT 24 - 10:00 AM - 12:00 PM

BECOMING A SELF-DEFINED WOMAN w/ Cindy Stradling - Success is different for each of us and part of our own personal journey. You will have the opportunity to identify and celebrate past successes in a way that is meaningful for YOU and create your own SELF defined commitment to success. This webinar is based on Cindy's book *Becoming a SELF Defined Woman*. **Register by Thurs, Oct 22.** *Sponsored by Park Property Management*

TUES, OCT 27 - 2:30 TO 4:00 PM

DEALING WITH GRIEF w/ Katrina Buchanan, Bereaved Families of Ontario-Toronto - Participants will address their own experience coping with grief; understand anticipatory grief; responses to grief, complicated grief, and tasks of mourning; be provided with practical strategies to support individuals who are grieving; and learn about what resources are available to them in the community. **Register by Sun, Oct 25.** *Sponsored by Bereaved Families of Ontario-Toronto, Kathy Killinger*

TUES, OCT 27 - 7:00 TO 8:30 PM

INTRO TO FAMILY LAW w/ Cheryl Williams, LL.B. - 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. **Register by Sun, Oct 25.** *Sponsored by Williams Family Lawyers, Reem Gedeon*

THURS, OCT 29 - 2:30 TO 4:00 PM

DON'T GET SCAMMED w/ CPA Canada Understand fraud and how to protect yourself from being a victim of fraud. You will learn how to define fraud, recognize common types of frauds and signs of being victimized. You will also find out what to do if you are a victim of fraud. **Register by Tues, Oct 27.** *Sponsored by CPA Canada, Arthur & Mary Heinmaa*

THURS, OCT 29 - 7:00 TO 8:30 PM

RECLAIMING INNER BALANCE w/ Naszrin Arghoshi & Colleen Boehme Everyone worries and feels anxious from time to time. For some of us, the worrying can be constant and ends up being an exhausting and overwhelming experience. But we aren't powerless. We will learn how to identify our worries and practice strategies that can make us feel more balanced and moves us toward wellness. **Register by Tues, Oct 27.** *Sponsored by TD Scarborough West District*



WE WILL HAVE MORE WEBINARS IN NOVEMBER AND DECEMBER. PART 2 OF THE FALL 2020 WEBINAR SCHEDULE WILL BE RELEASED MID-OCTOBER.