

# OCTOBER WEBINAR SCHEDULE



In response to the physical distancing restrictions YWO cannot host in person workshops, however we are pleased to offer virtual workshops through WebEx on Thursdays from 5-6PM!

## Why attend?

Not only are these webinars a great way to learn new things and empower yourself, they are also a space where we as young women can come together virtually to create and experience a sense of community.

## How can I sign up?

You can sign up by visiting <http://www.scarboroughwomenscentre.ca/young-women/> and filling out the registration form that can be found at the bottom of the page. The link and password to join the meeting will be sent to you at the email you provide the day before the webinar is scheduled to take place.

## Questions?

Please email [specialproject@scarboroughwomenscentre.ca](mailto:specialproject@scarboroughwomenscentre.ca) or call 416-439-7111 ext. 4

Stay tuned for the November webinar schedule!



**BUILDING  
—STRONG—  
FUTURES**

# ALL WEBINARS ARE THURSDAY FROM 5-6PM



## THURSDAY OCT 8TH - CLAIMING YOUR STRENGTHS

Far too often girls and young women are encouraged to take secondary roles and neglect their strengths. This workshop is all about leaning-in to our strengths and nurturing our weaknesses so that we can live up to our true potentials and be leaders in our communities, schools, workplaces, etc.



## THURSDAY OCT 15TH - SOCIAL MEDIA, CELEBRITY CULTURE AND OUR SELF-ESTEEM

It is no secret that the media, especially social media, can play a significant role in the way in which we see ourselves. This workshop will address the ways in which social media can influence our self-esteem and confidence, as well as provide some tools for building self-esteem and confidence.



## THURSDAY OCT 22ND - ALL ABOUT DOUBLE STANDARDS

Certain rules and principles are often unfairly applied to women. This workshop will give several current everyday examples of double standards, so that participants will be able to recognize double standards as they occur in their own lives and take action to combat double standards when necessary.



## THURSDAY OCT 29TH - HOW TO AVOID BURN OUT AND ONLINE FATIGUE

Absorbing information through a screen for 6-8 hours a day can be especially draining and this can lead to feeling burnt out. This workshop will discuss ways that we can combat burn out and online fatigue.