



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

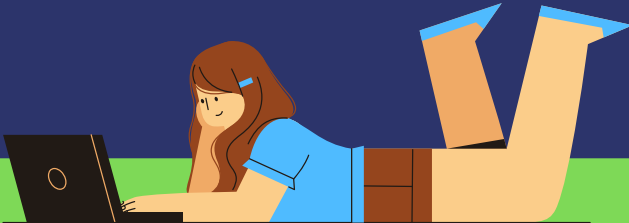
MAKING TIME FOR "ME-TIME" w/ Christine Sarbu - Are you feeling worn out or in need of some Me-Time? Do you think to yourself, "I just don't have the time or energy to take care of myself"? Explore applying loving actions towards yourself and learn some simple ways to include self care into your daily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



SCARBOROUGH
WOMEN'S
CENTRE



FALL 2020 WEBINAR SCHEDULE PART 2: NOV & DEC

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If you would like to make a donation to support SWC, please go here: www.canadahelps.org/en/dn/t/34368



TUES, NOV 3 - 2:30 TO 4:00 PM

THE 3M'S 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. **Register by Sun, Nov 1.** Sponsored by SKF Canada Employees Charity Fund, Nancy Maxwell

TUES, NOV 3 - 7:00 TO 8:30 PM

HOW TO EXPRESS YOUR FEELINGS w/ Helen Ziral - We can't always control how we feel about things, but we can control how we express those feelings. Learn to recognize your emotional state and identify skills you need to show up as your authentic self when expressing your emotions. **Register by Sun, Nov 1.** Sponsored by Elementary Teachers' Federation of Ontario, Elementary Teachers of Toronto



TUES, NOV 10 - 2:30 TO 4:00 PM

BEYOND BUBBLE BATHS: SELF-CARE IN THE FACE OF WINTER BLUES w/

Onsia Ansari - With the holidays around the corner, this time of the year can be incredibly stressful for us. If you're someone who struggles with genuine self-love, prioritizing your needs all whilst feeling low during the winter, this workshop is for you! **Register by Sun, Nov 8.** Sponsored by The Rotary Club of Agincourt, Torrey Shanks

TUES, NOV 10 - 7:00 TO 8:30 PM

COPING WITH ANXIETY w/ Clare

Karasik - Understand the physiological and cognitive aspects of anxiety and gain to cope with and manage anxiety. Learn the difference between fear, anxiety and intuition. Challenge anxious thoughts using cognitive strategies. Develop self-care strategies to help reduce anxiety. **Register by Sun, Nov 8.** Sponsored by The Royal LePage Shelter Foundation and Royal LePage Estate Realty

THURS, NOV 12 & 19 - 7:00 TO 8:30 PM

UNDERSTANDING YOUR ANGER w/ Prabha Basso - 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 your anger in an assertive way, as opposed to a passive or aggressive manner. **Please note that this is a 2 part webinar that runs back to back Thursdays** **Register by Tues, Nov 10.** Sponsored by Unifor Social Justice Fund, David Pauli

TUES, NOV 17 - 2:30 TO 4:00 PM

THE FOUR AGREEMENTS w/ Cindy Stradling - Based on the book by Don Miguel Ruiz, The Four Agreements offer a powerful code of conduct that can transform lives to a new experience of freedom, happiness and love. The Four Agreements are: 1st: Be Impeccable with Your Word, 2nd: Don't Take Anything Personally, 3rd: Don't Make Assumptions, 4th: Always Do Your Best. We will review each of the agreements and what they mean to us. Leave with an understanding of the difference applying these agreements will make in your life and an action plan of how to implement them. **Register by Sun, Nov 15.** Sponsored by The Tippet Foundation

TUES, NOV 17 - 7:00 TO 8:30 PM

HEALING AFTER RELATIONSHIPS END

w/ Reshma Dhrodia - We 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. **Register by Sun, Nov 15.** Sponsored by Ontario Realtors Care Foundation



TUES, NOV 24 - 2:30 - 4:00 PM

RECOGNIZING RISK IN RELATIONSHIPS

- KNOWLEDGE IS POWER! w/ Lorraine D'silva, CWSS - November is Women Abuse Prevention month in Ontario and also National Domestic Violence Awareness month in Canada! Learn about different forms of abuse and how the pandemic can impact relationships. Increase your knowledge of risk factors in relationships and learn about CWSS and other resources in Scarborough! **Register by Sun, Nov 22.** Sponsored by CWSS, Jessica Pellow



TUES, NOV 24 - 7:00 - 8:30 PM

CREATING PEACE OF MIND w/ Christine

Sarbu - Inspired by lessons from Richard Carlson's book "Don't Sweat the Small Stuff...and it's all small stuff", let's share tips on how to cultivate a calm state of mind and keep the little and bigger things from taking over our lives. Explore the philosophy of Stoicism and learn ways we can create an inner retreat that we can always go to, through practices ranging from scheduling stillness into our days to finding beauty in everyday life. We have more resources than we realize. **Register by Sun, Nov 22.** Sponsored by Park Property Management

THURS, NOV 26 - 2:30 - 4:00 PM

THE JOURNEY OUT OF DEBT w/ Heather

Walsh, CPA Canada - Understand how credit works and how to take control of debt. Learn the difference between good debt and bad debt along with the cost of debt, particularly bad debt and only making minimum payments. Learn how to take control of debt, including assessing the amount of debt, debt repayment options, dealing with creditors, and collection agencies and rules. **Register by Tues, Nov 24.** Sponsored by CPA Canada, Judit Marincan

THURS, NOV 26 - 7:00 - 8:30 PM

CARING FOR YOURSELF AND OTHERS DURING COVID-19 AND BEYOND w/

Melissa Simas - Are you struggling to take care of yourself during COVID-19? In this interactive webinar, participants will learn and be encouraged to share everyday strategies that can be used to take better care of themselves and others during COVID-19 and beyond! **Register by Tues, Nov 24.** Sponsored by St. Andrew's Charitable Foundation



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THE SUPPORT OF THE
GOVERNMENT OF ONTARIO AND
THE CITY OF TORONTO TO MAKE
THESE PROGRAMS POSSIBLE.**

TUES, DEC 1 - 2:30 TO 4:00 PM

YOUR RIGHTS AS A WORKER w/ Martha Burbano, *Workers Action Centre* - The Workers' Action Centre is a worker-based organization committed to improving peoples' lives and working conditions. Learn about laws that protect us at work, vacation pay, overtime, public holidays, termination pay and severance under the ESA. We will also cover updates to Employment Insurance and New Recovery Benefits. **Register by Sun, Nov 29.** *Sponsored by Workers Action Centre, Helen Lambropoulos*

TUES, DEC 1 - 7:00 TO 8:30 PM

BABY IT'S COLD OUTSIDE: STRENGTHEN YOUR IMMUNE SYSTEM w/ Helen Ziral - The leaves have fallen and it's cold outside. That means Winter/Cold & Flu season is here. A healthy immune system can be a great defense. Learn how to strengthen your immune system and keep yourself healthy in the cold weather. **Register by Sun, Nov 29.** *Sponsored by Shoppers Drug Mart LIFE Foundation, The LOVE YOU by Shoppers Drug Mart Program & Scarborough SDM and Wellwise Stores*

THURS, DEC 3 - 2:30 TO 4:00 PM

MAKE YOUR HABITS WORK FOR YOU w/ Cindy Stradling - How many times have you set a goal for yourself with the very "best intentions" of achieving it, only to find that after a short period of time you are back doing the same things you have always done. We will explore the elements of Atomic Habits that will teach how to design habits that work for you rather than against you. Based on the book Atomic Habits by James Clear. **Register by Tues, Dec 1.** *Sponsored by The International Group, Jyothi Menezes, Katharine Allan*

THURS, DEC 3 - 7:00 TO 8:30 PM

TACKLING UNHELPFUL THINKING HABITS w/ Reshma Dhrodia - 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. **Register by Tues, Dec 1.** *Sponsored by Claren Inc., Lynn Fournier-Ruggles*

WE WILL RETURN WITH MORE WEBINARS NEXT YEAR. CHECK OUR WEBSITE IN JANUARY 2021 FOR THE NEW SCHEDULE.

