



FALL 2020 WEBINAR SCHEDULE PART 2: NOV & DEC

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 on your phone: 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.

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



REGISTER TODAY!

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

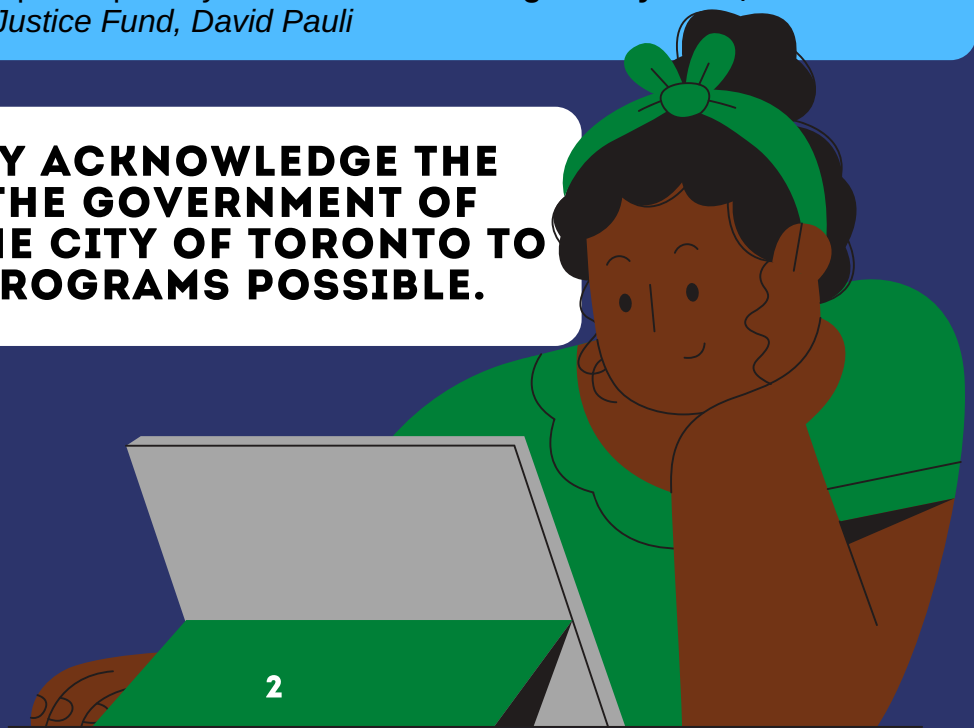
TUES, NOV 10 - 7:00 TO 8:30 PM

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 - 2:30 - 4:00 PM

MANAGING STRESS w/ Helen Ziral - Have you ever been overwhelmed by stress? Do you experience headaches, back pain, tummy upsets, palpitations, anger, and sleeplessness? Studies show the impact of stress and anxiety can negatively affect individual health. Learn to beat stress caused by tension and fatigue with strategies you can incorporate that may minimize your anxiety and help to improve your overall health. **Register by Tues, Nov 10.** Sponsored by Unifor Social Justice Fund, David Pauli

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



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: 1: Be Impeccable with Your Word, 2: Don't Take Anything Personally, 3: Don't Make Assumptions, 4: Always Do Your Best. We will review each of the agreements and what they mean to us. Understand the difference applying these agreements will make in your life and get 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*



THURS, NOV 19 - 2:30 - 4:00 PM

LET'S TALK! - A FOCUS GROUP ABOUT SCARBOROUGH WOMEN'S CENTRE w/ Lynda Kosowan, Executive Director - Women who have used our programs and services are invited to share their thoughts about how to continue to make the Centre a good place for women. Open to all past and present SWC service users. **Register by Wed, Nov 18.**

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

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.

