

DECEMBER WEBINAR SCHEDULE



**BUILDING
-STRONG-
FUTURES**

In response to the physical distancing restrictions Building Strong Futures: Young Women's Outreach program cannot host in person workshops, however we are pleased to offer virtual workshops through WebEx on **Thursdays** from 5-6 PM!

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.

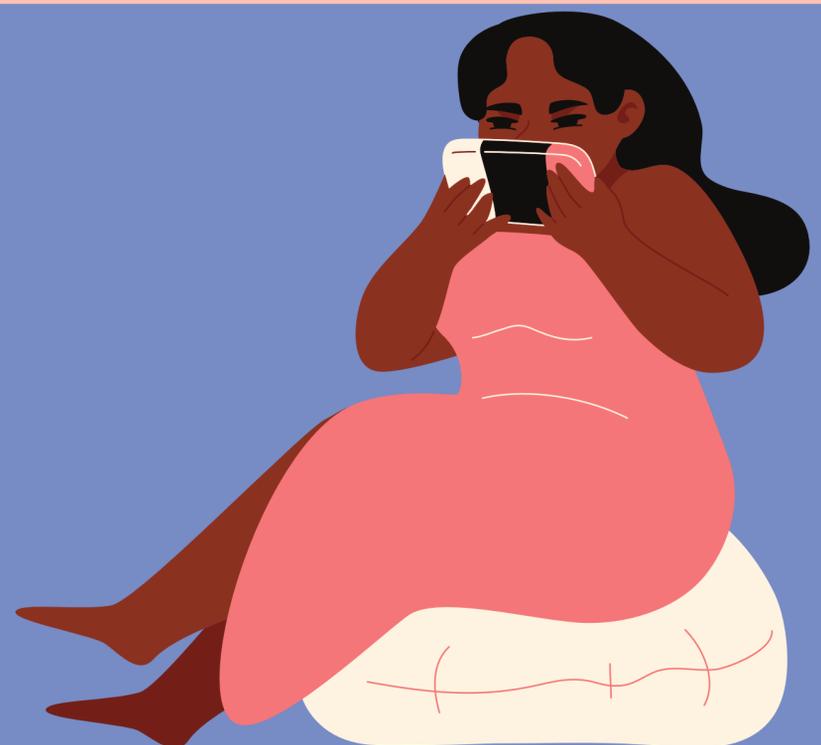
How can I sign up?

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. If you don't have a reliable internet connection, you have the option to call in from your mobile device and listen on your phone. The link to join the meeting as well as call in instructions 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 or call 416-439-7111 ext. 4

Stay tuned for the **January** webinar schedule!



ALL WEBINARS ARE THURSDAY FROM 5-6PM



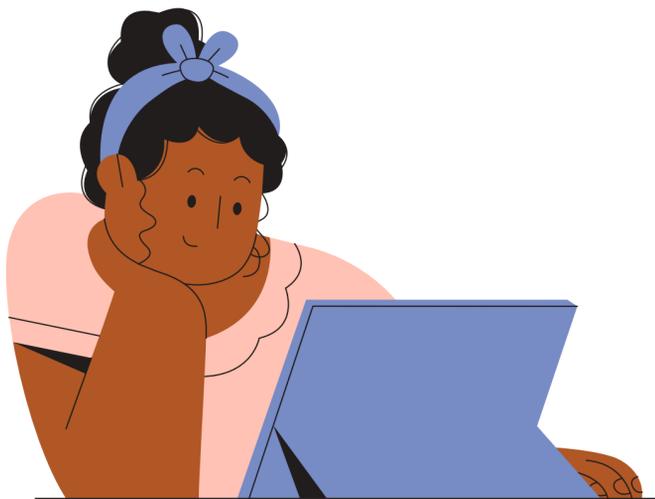
THURSDAY DECEMBER 3RD - POST-SECONDARY PREP

Preparing for post-secondary school can be overwhelming. Come meet with Melanie Holmes, Community Outreach Coordinator from Centennial College to learn about pathways between College and University, academic goal setting, financial aid, and preparing for life after high school.



THURSDAY DECEMBER 10TH - ALL ABOUT MICROAGGRESSIONS WITH NADYA LIM-DOUGLAS

Learn how to recognize microaggressions as they occur in everyday life. This will involve reviewing various definitions of microaggressions and evaluating examples of microaggressive behaviour.



THURSDAY DECEMBER 17TH - MENTAL EMPOWERMENT WITH BISLEEN ATTLI

Learn how to build resiliency and create an unbreakable mindset to accomplish all your goals and dreams, a fourth-year naturopathic medical school student and mental health warrior.

THURSDAY DECEMBER 24TH - NO WORKSHOP. ENJOY THE HOLIDAYS AND GOOD LUCK ON EXAMS IF YOU HAVE THEM!