

WINTER 2021 WEBINAR SCHEDULE

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, JAN 19 & 26 - 2:30 TO 4:00 PM

NEW WAYS OF COMMUNICATING w/ Farah Ali

This two part workshop touches on new modes of communicating, such as Zoom or Webex in light of the pandemic situation. We will look at adjusting to changes in communication styles in general and setting up a basic Zoom account to chat with family and friends. The goal is to have a better understanding of adjustments we may need to make to our body language and the skills needed to communicate effectively. ****PLEASE NOTE THAT THIS IS A 2 PART WEBINAR THAT RUNS BACK TO BACK TUESDAYS.* Register by Sun, Jan 17. Sponsored by Tippet Foundation***

TUES, JAN 19 - 7:00 TO 8:30 PM

DEALING WITH THE “COVID-15”? LET'S TURN IT AROUND w/ Jasmin Jagpal

Have you inadvertently gained some weight, aka the "COVID-15" from months of stress and isolation and want to turn that around? The key is...not to stress or feel guilty about your body image! Instead, learn how to embrace the situation and find out new habits and practices we can use to gain control over our nutrition, fitness, and mindset. **Register by Sun, Jan 17. Sponsored by Amazon Canada**

THURS, JAN 21 - 2:30 TO 4:00 PM

SCHOOL'S IN! RETURNING TO SCHOOL AS AN ADULT w/ Melanie Holmes

Choosing to return to school as a mature student is a big decision. Come meet with Melanie Holmes, Community Outreach Coordinator from Centennial College to learn about pathways to admission, support for student-parents, financial aid, and how to return to school after an educational gap. ****AFTERNOON SESSION FOR THOSE WHO CANNOT ATTEND THE EVENING SESSION* Register by Tues, Jan 19. Sponsored by Elementary Teachers' Federation of Ontario***

THURS, JAN 21 - 7:00 TO 8:30 PM

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TUES, JAN 26 - 7:00 TO 8:30 PM

COPING WITH ANXIETY w/ *Clare Karasik* - Understand the physiological and cognitive aspects of anxiety and gain skills 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, Jan 24.** *Sponsored by SKF Canada Limited*

SAT, JAN 30 - 10:00 AM TO 12:00 PM

HEAL YOUR BODY, HEAL YOURSELF w/ *Helen Ziral* - If you're feeling constantly tired, are experiencing poor health, bad relationships or unhappiness, you may be sabotaging yourself or re-creating undesirable situations. Discover how you can align body, mind, inner self and emotions to create a path to better health. **Register by Thurs, Jan 28.** *Sponsored by Ontario Realtors Care Foundation*

TUES, FEB 2 - 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, Jan 31.** *Sponsored by St. Andrew's Charitable Foundation*

TUES, FEB 2 - 7:00 TO 8:30 PM

BOOST YOUR SELF-ESTEEM w/ *Melissa Simas*

Do you struggle with self-love sometimes? Do you feel like you could use a boost to your self-confidence? Then this webinar is for you. We will discuss factors that can impact our self-esteem and will explore various activities that can help boost our self-confidence. **Register by Sun, Jan 31.** *Sponsored by Lee Tak Wai Foundation, Kathy Killinger*

THURS, FEB 4 - 7:00 TO 8:30 PM

READY, SET, GOAL! w/ *Onsia Ansari* - How many years have you said, "This year is going to be different."? Too many of us get caught in the "New Year, New Me" trap as we struggle to find motivation in accomplishing our resolutions. When planned correctly, resolutions can be healthy! In this workshop, we'll explore how to effectively set goals and transition into making healthier, sustainable life changes. **Register by Tues, Feb 2.** *Sponsored by The Rotary Club of Agincourt*

TUES, FEB 9 - 2:30 TO 4:00 PM

THE MIND-BODY CONNECTION w/ *Colleen Boehme & Naszrin Arghoshi*

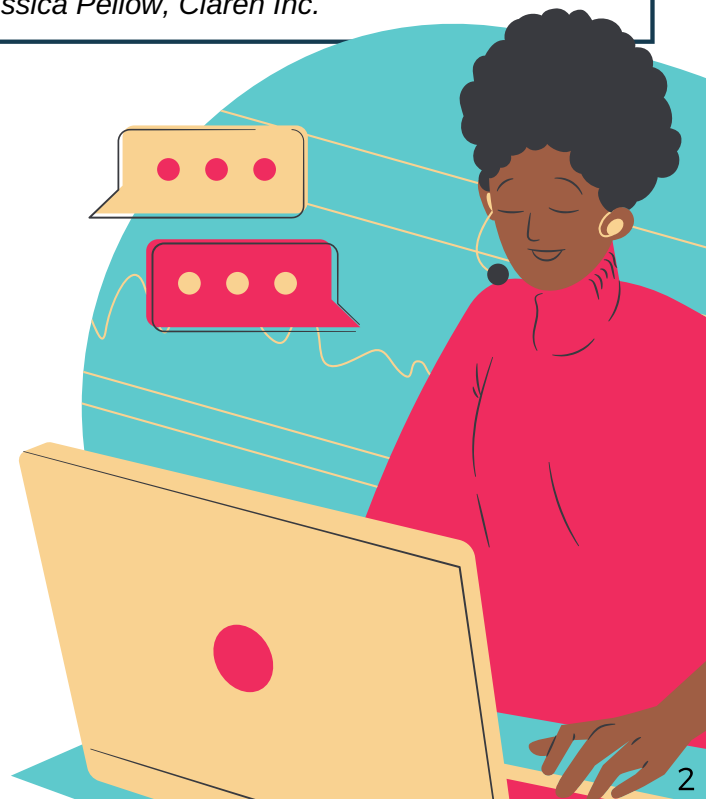
Often we may experience a "gut feeling", an intuition that arises as a feeling in our bodies. We are socialized to minimize and sometimes even act against our body feelings and often, we decide not to follow our instincts. In this workshop, we will discuss why it's important to listen to our bodies and why cultivating a mind-body connection can open ourselves to a greater understanding of emotional wellness. We will also offer tools and skills related to enhancing the mind-body connection and building self-awareness. **Register by Sun, Feb 7.** *Sponsored by Shoppers Drug Mart LIFE Foundation*

TUES, FEB 9 - 7:00 TO 8:30 PM

WHAT TO EAT FOR WINTER WELLNESS w/ *Jasmin Jagpal*

Feeling dull and sluggish during the winter months? Learn how to eat seasonally for the winter, which foods are nutritional powerhouses, how they can help to maintain your energy and fuel you for the cold, and how to save money when you grocery shop! **Register by Sun, Feb 7.** *Sponsored by Jessica Pellow, Claren Inc.*

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



THURS, FEB 18 - 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, Feb 16.** Sponsored by Arthur & Mary Heinmaa, Judit Marincan

THURS, FEB 18 - 7:00 TO 8:30 PM

DON'T WORRY ABOUT IT! w/ Onsia Ansari Stress has a way of making us feel helpless. You have a lot more control than you might think! But stress management is not one-size-fits-all. Effective stress management helps you break the hold stress has on your life, so you can move towards being happier, healthier, and more productive. Join us as we explore different stress management strategies and explore what works best for you. **Register by Tues, Feb 16.** Sponsored by Kissan International (Canada) Inc.

TUES, FEB 23 - 2:30 TO 4:00 PM

PLANNING YOUR ESTATE w/ Heather Walsh, CPA Canada - Learn how to create a plan to distribute your assets, along with the various tools of estate planning, such as powers of attorney, wills, joint accounts, gifting, and trust. We will also look at what happens when someone dies without a will and highlight facts about life insurance. **Register by Sun, Feb 21.** Sponsored by CPA Canada, Katharine Allan

TUES, FEB 23 - 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, Feb 21.** Sponsored by TD Canada Trust - Scarborough West District

SAT, FEB 27 - 10:00 AM TO 12:00 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 Thurs, Feb 25.** Sponsored by Park Property Management Incorporated

TUES, MAR 2 - 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, Feb 28.** Sponsored by Rona Home & Garden - Midland Ave, Scarborough

TUES, MAR 2 - 7:00 TO 8:30 PM

A HOLISTIC APPROACH TO MANAGING DEPRESSION w/ Carol Soares - The long-standing effects of the global pandemic, coupled with the impact of Winter have made mental health concerns such as depression a very challenging daily issue for many. This webinar aims to offer a holistic approach to managing symptoms by exploring practical, simplified strategies that can equip you to actively engage in your own wellness process. You will be encouraged to cultivate a belief in your capacity to influence how you feel and your overall level of functioning. You will also begin to develop your own unique holistic mental health action plan. **Register by Sun, Feb 28.** Sponsored by Unifor Social Justice Fund



THURS, MAR 4 & 11 - 2:30 TO 4:00 PM

UNDERSTANDING YOUR ANGER w/ Prabha Bassoo - 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, Mar 2.** Sponsored by Jennifer Bonsu, Caroline Scott, Anna Bortolus, Jyothi Menezes

THURS, MAR 4 - 7:00 TO 8:30 PM

TALK THE TALK w/ Onsia Ansari - We're repeatedly told that communication is the foundation of any relationship. But mastering the art of communication can be challenging! If you find yourself dreading the idea of having difficult (but important) conversations or struggle with expressing your needs, this workshop is for you. We will review common communication problems people face and then learn about effective communication strategies that can drastically help us better express ourselves. **Register by Tues, Mar 2.** Sponsored by Dimitra Tsagaris, Carolyn Ling, Samantha Clarke, Nadia Taylor, Beth Purdon-McLellan, Ashley Dresser, Reem Gedeon, Wanjiro Ndungu, Farah Mustafa

TUES, MAR 9 - 2:30 TO 4:00 PM

RECOGNIZING RISK IN RELATIONSHIPS: KNOWLEDGE IS POWER! w/ *Lorraine D'silva, Connecting Women with Scarborough Services*
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, Mar 7. Sponsored by *Connecting Women with Scarborough Services, Reshma Dhrodia*

TUES, MAR 9 - 7:00 TO 8:30 PM

STRESS BUSTING SUPERFOODS w/ *Jasmin Jagpal* - The foods we eat have an effect on our mood, mental state, and overall well-being. Learn how to manage stress, mood swings, anxiety, and irritability by eating more stress-fighting foods. Learn which nutrients can help you effectively cope with daily stressors and how to incorporate them into your diet. A stress-busting superfoods list and recipes handout to be provided. **Register by Sun, Mar 7.** Sponsored by *Atlantic Packaging Products Ltd.*

THURS, MAR 11 - 7:00 TO 8:30 PM

IT'S OKAY TO LOVE YOURSELF FIRST w/ *Christine Sarbu* - Are you a selfless giver? Do you have so many obligations centred around caring for the needs of others? Sometimes we lose track of who we are, and what we need; by becoming preoccupied in life with helping solve the problems of and consistently supporting the needs of our loved ones, and beyond. We will explore how to become more mindful of codependent tendencies we may have, what this concept means in our own individual lives; and most importantly, how to create our own self-support plan to help shift into a new way, centred around our own wellness. **Register by Tues, Mar 9.** Sponsored by *Elaine Dandy, David Pauli*

TUES, MAR 23 - 2:30 TO 4:00 PM

SEARCH FOR JOBS EFFECTIVELY & INTERVIEW WITH CONFIDENCE! w/ *Wazma Qahar & Nelson Briceno, Skills for Change* - From online applications to interviews, discover the right tools you need to get hired. We will share essential job search techniques, the do's and don'ts of applying for work online, and how to get your application noticed. Learn how to make the right impression, showcase your skills and answer common interview questions effectively. **Register by Sun, Mar 21.** Sponsored by *Skills for Change, Nancy Maxwell*

TUES, MAR 23 - 7:00 TO 8:30 PM

BUILDING RESILIENCE w/ *Helen Ziral* - Learn strategies that improve your resilience. Learn how to deal with the emotional and psychological stressors that may be incapacitating during our new pandemic world. How can you bounce back, maybe pivot with resilience? Leave with resources designed to develop your resilience and promote body, mind and spirit well-being as you develop your resilience action plan. **Register by Sun, Mar 21.** Sponsored by *Royal LePage Shelter Foundation, Royal LePage Estate Realty*

THURS, MAR 25 - 2:30 TO 4:00 PM

INTRO TO IMMIGRATION LAW: FAMILY SPONSORSHIP w/ *Matthew Smith, Staff Lawyer - Scarborough Community Legal Services & Sana Najafi, University of Toronto Law Student*
Scarborough Community Legal Services is a community legal clinic funded by Legal Aid Ontario with a mandate to provide free legal services and fight for broader systemic change alongside low-income people living in east Scarborough. Learn about sponsoring your family members for permanent residence in Canada. We will cover the basics of family sponsorship and mention some lesser-known rules and programs. We will not discuss individual cases but will provide a solid understanding of the basics and some resources to help. **Register by Tues, Mar 23.** Sponsored by *Scarborough Community Legal Services, Kalliopi Frangos*

THURS, MAR 25 - 7:00 TO 8:30 PM

MAKE SELF-CARE A PRIORITY! w/ *Melissa Simas*
Are you someone who struggles with prioritizing self-care? In this interactive webinar, we will discuss barriers to self-care and explore various ways we can incorporate more self-care into our everyday lives. Participants will be provided with opportunities to participate in breathing, gentle movement, and reflective exercises throughout this webinar. **Register by Tues, Mar 23.** Sponsored by *Friends In Memory of Bianca Sicoli*



TUES, MAR 30 - 2:30 TO 4:00 PM

BECOMING A SELF-DEFINED WOMAN w/ *Cindy Stradling* - Success is different for each of us and is part of our own personal journey. 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 Sun, Mar 28.** Sponsored by *Canadian Federation of University Women, Scarborough Chapter*

TUES, MAR 30 - 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, Mar 28.** Sponsored by *Sweet Caroline Café*