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 Cisco WebEx Meetings!

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.

If you would like to register for the 4 session young women’s leadership development training program, you can sign up here: https://forms.gle/MJcEdMWhQc3vnxVU6

Questions?
Please email specialproject@scarboroughwomenscentre.ca or call 416-439-7111 ext. 4

Stay tuned for the Spring 2021 schedule!
Winter 2021 Young Women's Program Schedule

Thursday January 21st 5–630 pm – Setting Boundaries 101 w/ Nadya Lim–Douglas
Ever wonder what it means to "set boundaries"? This workshop will discuss what it means to set boundaries within your relationships, and how this practice is an essential competent to your self care.

Thursday February 4th 430–6 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.

Thursday January 28th 5–630 pm – How to Set Goals Like a Boss w/ Bisleen Attli
Bisleen Attli, a fourth-year naturopathic medical school student and mental health warrior, will teach you the best approach to setting goals and achieving ANYTHING you want in life.

Tuesday February 9th 430–6 pm – Leadership Training Introduction
This time will be used to introduce participants to the Leadership Training program. Participants will be given a snapshot of the program and be introduced to final project element of the program. Those registered will go through an "intake interview" to assess their readiness for the program. See below for more details.

Thursday February 18th 430–6 pm – Leadership Training Session #1 – Qualities of a Good Leader
First day of the 4 session leadership development program. See below for more details.

Tuesday February 16th 430–6pm – All Things Financial Aid w/ Melanie Holmes
Figuring out how to fund your post-secondary education can be overwhelming. Come meet with Melanie Holmes, Community Outreach Coordinator from Centennial College to learn about financial aid.

Register today!
Wednesday 2021
Young Women’s
Program
Schedule

**Tuesday February 23rd 430–6 pm - How to Create a Digital Vision Board Like a Pro w/ Nadya Lim-Douglas**
Vision boards are a great way to keep your goals in sight. In this workshop you will learn how to create a digital vision board using online platforms such as Canva.

**Thursday March 4th 430–6 pm - Leadership Training Session #3 - Power, Privilege, & Leadership**
Third day of the 4 session leadership development program. See below for more details.

**Thursday March 11th 430–6 pm - Leadership Training Session #4 - Final Project Presentations**
Fourth and last day of the 4 session leadership development program. See below for more details.

**Thursday March 18th - March Break Movie Night**
Come join us for a screening of "Promising Young Woman", a movie about a young woman attempting to heal from a tragic event that took place in her past. Feel free to dress for the occasion and bring along a hot drink!

**Thursday March 25th 430–6 pm - Managing your Money**
This workshop is designed to help you take better care of yourself by taking better care of your money. This workshop will discuss how to understand your bank account, know your rights related to bank accounts and cashing cheques, choose the right bank account for you, and keep yourself and your money safe in your daily life and online.

**Register today!**
Note on the Leadership Development Training

To help increase awareness on issues affecting young women, we have created a 4-session Young Women's Leadership Development Program where young women volunteer their time to become ambassadors in their communities.

The leadership training program is separate from our regular webinars. Participants can attend as many or as few of the regular webinars as they please, but those who register for the leadership program are required to attend all 4 of the training sessions.

Those who wish to participate in this training will go through an "intake interview". The Project Coordinator will contact you with more information regarding the interview process once you register.

If you would like to register for the 4-session Young Women's Leadership Development Training Program, you can sign up here: [https://forms.gle/MJcEdMWhQc3vnxVU6](https://forms.gle/MJcEdMWhQc3vnxVU6)

Questions?
Please email specialproject@scarboroughwomenscentre.ca or call 416-439-7111 ext. 4