Join us for our next interactive webinar

**Caring for Ourselves & Others**

**Wednesday April 28, 2021**
**2:30 to 4:00 pm**
Webex Meeting Platform

In this webinar participants will explore
✓ Different kinds of intimacy in relationships
✓ How to make self-care a priority
✓ Strategies to improve the quality of their relationships

Real-time captioning will be provided

**Register** with Melissa by **Monday April 26, 2021**
Please indicate if you require any accommodations or support to participate in our webinars
**Phone:** 416 439 7111 Ext 3 (or 103)
**E-mail:** program@scarboroughwomenscentre.ca

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