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): scarboroughwomenscentre.ca/workshops/. We will send you the link and password along with the call-in information if you would rather listen on your phone. You can also register by calling 416-439-7111 x 7 (or 107).

*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.*

**REAL-TIME CAPTIONING IS NOW AVAILABLE FOR SWC WEBINARS!**

Real-time captioning will be provided at SWC webinars **BY REQUEST** as part of our ongoing commitment to promote greater accessibility and inclusion at Scarborough Women’s Centre (SWC).

**What is real-time captioning?**

Real-time captioning ensures everything that is said during a webinar is converted into live captions that are displayed on participants’ computer screens. A full transcript of the captions is then provided to Scarborough Women's Centre (SWC).

**How to Request real-time captioning at SWC?**

Please register for our webinars as soon as possible and let us know that you would like real-time captioning when you register.

*If you are registering online, please indicate on the contact form that you would like real-time captioning. If you are registering by phone, please let the person that you are talking to know that you would like real-time captioning.*

**Note:** A minimum of TWO WEEKS notice is needed to secure real-time captioning. This is because captioning service providers have seen an increase demand for service during the COVID-19 pandemic and may be unable to fulfill last minute requests.

Please contact Melissa Simas by email: program@scarboroughwomenscentre.ca or phone: 416-439-7111 x 3, if you have any questions.
THURS, APRIL 22 & 29 - 2:30 TO 4:00 PM
CONQUER YOUR FEAR OF PUBLIC SPEAKING w/ Farah Ali - Public Speaking is important, not only for career development, but personal development, personal satisfaction and boosting confidence. At times we may have to speak to inform, persuade, or special occasions. Fear of public speaking creates nervousness and anxiety. In this two part workshop we will explore ways of dealing with fear, the benefits and types of public speaking and ways of improving.
*PLEASE NOTE THAT THIS IS A 2 PART WEBINAR THAT RUNS BACK TO BACK THURSDAYSA.* Register by Tues, April 20. SPONSORED BY THE ROTARY CLUB OF AGINCOURT, THE ROTARY CLUB OF NORTH SCARBOROUGH

TUES, APRIL 27 - 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, April 25. SPONSORED BY ST. ANDREW’S CHARITABLE FOUNDATION

TUES, APRIL 27 - 7:00 TO 8:30 PM
CELEBRATE SPRING, CELEBRATE YOURSELF! w/ Helen Ziral - Spring is the season of rebirth, rejuvenation and new beginnings. It is important to celebrate the unique individual that you are. Discover tools to help get through some of the tough times by focusing on your inner strength and beauty in order to recharge for the months ahead. Register by Sun, April 25. SPONSORED BY KAYLA MCKENZIE, MYYA BRYAN, BIANCA THOMPSON, KERA HINDS-JAMES, ELIKA HESHMATI, CHELSEA LAIR, AHILLAN ILANGKO, KHALIEL JAMES, GABRIELA JACQUELINA HOGG PICHARDO

THURS, APRIL 29 - 7:00 TO 8:30 PM
CULTIVATING OUR CALMNESS w/ Christine Sarbu - Explore how to create our inner serenity and peace of mind. Step by step we can discover practices and simple ways that when applied collectively, or one by one, can help us in cultivating internal peace amongst the external chaos. Inspired by lessons from Richard Carlson’s book Don’t Sweat the Small Stuff… and it’s all small stuff, we’ll share tips on how to cultivate a calm state of mind and being, while keeping the little and bigger things from taking over our lives. We’ll also look at the philosophy of Stoicism and learn ways we can create an accessible inner retreat where we can always go. We have more internal resources than we realize. Register by Tues, April 27. SPONSORED BY KISSAN INTERNATIONAL (CANADA), CLAREN INC.

We gratefully acknowledge the support of the Government of Ontario and the City of Toronto to make these programs possible.
TUES, MAY 4 - 2:30 TO 4:00 PM
HOME IS NOT A SAFE PLACE FOR EVERYONE: RECOGNIZING RISK IN RELATIONSHIPS 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! Register by Sun, May 2. SPONSORED BY CONNECTING WOMEN WITH SCARBOROUGH SERVICES, SWEET CAROLINE CAFE, NICEY’S EATERY

TUES, MAY 4 - 7:00 TO 8:30 PM
THE VIRTUAL GROCERY STORE TOUR w/ Jasmin Jagpal - What’s in your grocery cart? Is it mindfully or mindlessly chosen? Is it full of brightly coloured or dull and neutral foods? Let’s go on a virtual tour through the aisles of the grocery store to learn how to plan and buy healthy meals and snacks for you and your family. Register by Sun, May 2. SPONSORED BY RONA HOME& GARDEN - MIDLAND AVE, SCARBOROUGH

THURS, MAY 6 - 2:30 TO 4:00 PM
DEALING WITH GRIEF w/ Hunaina Kamran, Bereaved Families of Ontario - Participants will address their own experience coping with grief; understand anticipatory grief; responses to grief, complicated grief, and tasks of mourning; be provided with practical strategies to support individuals who are grieving; and learn about what resources are available to them in the community. Register by Tues, May 4. SPONSORED BY BEREAVED FAMILIES OF ONTARIO, PREFERA FINANCE LTD.

THURS, MAY 6 - 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 Tues, May 4. SPONSORED BY TIPPET FOUNDATION

TUES, MAY 11 - 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, May 9. SPONSORED BY ONTARIO REALTORS CARE FOUNDATION

TUES, MAY 11 - 7:00 TO 8:30 PM
LET’S GET PHYSICAL! LOW-IMPACT FITNESS FOR EVERYDAY HEALTH w/ Jasmin Jagpal - Have you heard the phrase “If you don’t move it, you lose it”? Daily physical movement requires effort that we sometimes don’t want to do but it doesn’t have to be boring or strenuous. Learn why lean muscle mass and functional movement is so important for women, and explore various low-impact fitness ideas that can be FUN for you (live demonstration included). Register by Sun, May 9. SPONSORED BY CANADIAN FEDERATION OF UNIVERSITY WOMEN-SCARBOROUGH CHAPTER, ELEMENTARY TEACHERS' FEDERATION OF ONTARIO

If you would like to make a donation to support Scarborough Women's Centre, you can do so by clicking here.
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Speaker/Topics</th>
<th>Sponsor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TUES, MAY 18</strong></td>
<td>2:30 TO 4:00 PM</td>
<td><strong>ALL ABOUT FRAUD</strong> w/ Jun Chen, RBC</td>
<td>Fraudsters target people in a variety of ways: through email, on the phone, on social media, during job searching, etc. Come learn all about the different types of frauds, the red flags you should be looking out for and how to prevent yourself and your closed ones from becoming a victim of fraud. <strong>Register by Sun, May 16.</strong> <strong>SPONSORED BY RBC, NIMAN MAMO LLP</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:00 TO 8:30 PM</td>
<td><strong>EMOTIONAL INDEPENDENCE &amp; ASSERTIVENESS</strong> w/ Helen Ziral</td>
<td>Self-esteem fosters positive and assertive communication with others. Recognize that you are not the product of others’ opinions. Develop the confidence to assertively state your case because others don’t control your emotions - you do. <strong>Register by Sun, May 16.</strong> <strong>SPONSORED BY THE ROYAL LEPAGE SHELTER FOUNDATION, ROYAL LEPAGE ESTATE REALTY</strong></td>
<td></td>
</tr>
<tr>
<td><strong>THURS, MAY 27</strong></td>
<td>2:30 TO 4:00 PM</td>
<td><strong>HEALTHY AGING</strong> w/ Jane Durst-Pulkys</td>
<td>Forget everything you’ve heard about aging, as there are 8 secrets to healthy aging. Living vibrantly and energetically is what we all want. Knowing what to do, and how and when to do it, is what this webinar is all about. Walk away with bold tools and comprehensive tips to be happy, healthy and age gracefully with joy. <strong>Register by Tues, May 25.</strong> <strong>SPONSORED BY AMAZON CANADA, TD CANADA TRUST SCARBOROUGH WEST DISTRICT</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:00 TO 8:30 PM</td>
<td><strong>INTRO TO FAMILY LAW</strong> w/ Cheryl Williams, Williams Family Lawyers</td>
<td>A family lawyer discusses topics like support, child custody, and other family law matters. This is an information session to equip you with basic knowledge on family law. NOTE: We will not discuss detailed personal situations. <strong>Register by Tues, May 25.</strong> <strong>SPONSORED BY WILLIAMS FAMILY LAWYERS, ATLANTIC PACKAGING PRODUCTS LTD.</strong></td>
<td></td>
</tr>
</tbody>
</table>

We will release our Summer Webinar Flyer (covering June & July) in the middle of May. Be sure to join our mailing list so you don’t miss it! Join the list by clicking [here](#).