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/](http://www.scarboroughwomenscentre.ca/young-women/) and filling out the registration form that can be found at the bottom of the page. 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 don't have a reliable internet connection, you have the option to call in from your mobile device and listen on your phone.

**Young Women's Leadership Development Program**
There are currently no spots available for our young women's leadership development program. However, we hope to offer the program again in the summer! Stay tuned for more information.

**Questions?**
Please email our Project Coordinator Nadya Lim-Douglas at specialproject@scarboroughwomenscentre.ca or call 416-439-7111 ext. 4

Stay tuned for Part 2 of our Spring Schedule (May and June)!
Join us for a critical thinking workshop on how gender stereotypes affect our lives as young women and intersect with other stereotypes, such as racial stereotypes, to inform our unique experiences.

Loving your body isn’t easy. This workshop will discuss how to have a positive relationship with your body and will involve simple self-love exercises that you can incorporate into your daily life to boost your self-esteem.

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.

Learning how to manage your money plays an important role in setting yourself up for an independent and strong future! Join volunteers from Mackenzie Investments to learn about how you can take better care of yourself by taking better care of your money.

Register Here!
Scroll to the bottom of the page and fill out the form.