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. 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**
Our young women's Leadership Development Program will be run again on Thursdays from July 8th to July 29th. **Registrations will open on June 10th and will close on June 30th.** The link to the registration form will be posted on our website and social media accounts. Please stay tuned for more details!

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

Stay tuned for our full SUMMER 2021 schedule!
"How to Study" w/ Nadya Lim-Douglas
Exams are a really stressful time, and this workshop is here to help! Join us to discuss some helpful tips on effective ways to study, retain lots of information at once, and how to balance your time.

THURSDAY JUNE 3RD 4:30-6 PM

"Gender Identity 101" w/ Planned Parenthood
Through interactive discussion and activities, this workshop covers the basics of gender identities and how to challenge gender stereotypes, transphobia, and cissexism.

THURSDAY JUNE 10TH 4:30-6 PM

"Self-Care During Exams" w/ Nadya Lim-Douglas
During the season of exams is one of the most optimal times to remember to practice self-care. This workshop will show you all the ways you can cater to your own needs to reduce stress, and alleviate pressure.

THURSDAY JUNE 17TH 4:30-6 PM

"Safe Sex 101" w/ Adriana Rojo
It is very important to be in-the-know of all the ways we can practice safe-sex, even if you aren’t ready to be sexually active just yet. Together we will explore all the different methods of contraception so you can discover their benefits, and how they are accessible to you.

THURSDAY JUNE 24TH 4:30-6 PM

"Mindfulness & Movement" w/ Aanmaa Yoga
Join Aanmaa Yoga to de-stress through movement and reconnect with yourself. This workshop will be 1-hour long and will include a gentle seated yoga flow, meditation, and journaling.

"Surviving First Year" w/ Nadya Lim-Douglas and Adriana Rojo
Let us help you survive first year with ease! In this workshop many young women will discuss their transition to post-secondary education. Topics include residence, campus sexual harassment, and making new friends.