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 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 103, if you have any questions.
MAKING ‘ME TIME’ MATTER w/ Ms. Christine Sarbu - Are you feeling fatigued or in need of some personal time to recharge? Do you think to yourself: “I just don’t have the time or energy to take care of myself; I have too many other responsibilities”? Then please join us in this interactive workshop where you will explore applying loving actions towards yourself and learn some simple ways to include self-care for overall personal wellness into your busy daily routine. **Register by Tues, June 8.** SPONSORED BY THE HOUSING HELP CENTRE, ANNA BORTOLUS

SPONSORED BY SHAIMA AL-KHALILI

We gratefully acknowledge the support of the Government of Ontario and the City of Toronto to make these programs possible.

THURS, JUNE 3 - 7:00 TO 8:30 PM
BOUNDARIES BOOT-CAMP w/ Ms. Onsia Ansari - Boundaries are essential for healthy relationships. Setting boundaries for yourself and honoring the boundaries of others isn’t exactly textbook science, but you can learn ways to take charge of your life. Whether you want to set clearer rules with your family or assert your space when it comes to strangers, here’s how to get started! **Register by Tues, June 1.** SPONSORED BY PARK PROPERTY MANAGEMENT INCORPORATED

TUES, JUNE 8 - 2:30 TO 4:00 PM
MACRONUTRIENT-BASED EATING w/ Ms. Jasmin Jagpal - Whether your goal is to lose, maintain, or gain healthy weight, let’s explore the world of macronutrients! Learn what they are, how to calculate them based on your unique body type, and how to use these guidelines to create healthy and nutritious meals that are realistic and enjoyable for your lifestyle. **Register by Sun, June 6.** SPONSORED BY GIVE FOUNDATION

THURS, JUNE 10 - 7:00 TO 8:30 PM
MAKING ‘ME TIME’ MATTER w/ Ms. Christine Sarbu - Are you feeling fatigued or in need of some personal time to recharge? Do you think to yourself: “I just don’t have the time or energy to take care of myself; I have too many other responsibilities”? Then please join us in this interactive workshop where you will explore applying loving actions towards yourself and learn some simple ways to include self-care for overall personal wellness into your busy daily routine. **Register by Tues, June 8.** SPONSORED BY SHAIMA AL-KHALILI

We gratefully acknowledge the support of the Government of Ontario and the City of Toronto to make these programs possible.
If you would like to make a donation to support Scarborough Women's Centre, you can do so by clicking [here](#).
THE 6 PILLARS OF SELF ESTEEM w/ Ms. Cindy Stradling - Our self-esteem comes from what we do and the choices we make based on our knowledge and values. It is the discipline of acting in a certain way day by day in big issues and small. Participants will journal their personal responses to a series of questions, and identify and set goals to live more powerfully. Learn to feel better about yourself and understand some basic principles on how to continue to develop and grow your level of self-confidence. Based on the book 6 Pillars of Self Esteem by Nathaniel Brandon. *THIS IS A 2 PART WEBINAR THAT RUNS BACK TO BACK TUESDAYS.* Register by Sun, July 4. SPONSORED BY THE ROYAL LEPAGE SHELTER FOUNDATION & ROYAL LEPAGE ESTATE REALTY

SERENITY & SUCCESS w/ Ms. Carol Soares - What do people desire most in life? The two most common desires are serenity – a sense of peace and calm, and success – a personal sense of achievement and accomplishment. This webinar aims to take you on a journey to accentuate your capacity to have serenity and success, simultaneously. When you nurture inner peace, you can also expand the magnificence of your potential. Identify and cultivate what brings you to a place of greatest harmony and allows your best to soar. These two elements are the keys to enjoying the magnificent journey of your life. We all want to be at peace, live passionately, and experience prosperity from our deepest purpose. Register by Sun, July 4. SPONSORED BY KATHY KILLINGER

TREATING AUTOIMMUNE CONDITIONS WITH NUTRITION w/ Ms. Jasmin Jagpal - A growing number of people are plagued by autoimmune conditions with little knowledge (other than being advised to take medication) on how to treat them. Whichever part of the body that is affected is expressing that the immune system has been compromised and is attacking its healthy cells. Learn how to eat to treat autoimmune diseases with the Autoimmune Protocol (AIP), a specific diet that may help to calm inflammation and heal the immune system. We will also discuss which foods to consider avoiding, how to complete an elimination diet, the best healing and soothing foods to include, and other lifestyle factors that can influence autoimmune conditions. Register by Sun, July 11. SPONSORED BY CLAREN INC.

YOUR RIGHTS AS A TENANT w/ Mr. Lu Ji, The Housing Help Centre - In this webinar we will discuss the rights and obligations of tenants and landlords under the Residential Tenancies Act, 2006. We will talk about the issues surrounding finding rental housing and maintaining a tenancy. Also, we will address options, alternatives, and legal remedies in dealing with eviction or termination of tenancy. Register by Tues, July 13. SPONSORED BY THE HOUSING HELP CENTRE, TAJE MOHABIR

BOOST YOUR SELF-ESTEEM! w/ Ms. Melissa Simas - Do you sometimes struggle with low self-esteem and self-confidence? You are not alone! In this interactive webinar, we will discuss what can affect our self-esteem and self-confidence and explore ways we can give ourselves a boost! Register by Tues, July 13. SPONSORED BY NORTH 80 DESIGNS

KNOWLEDGE IS POWER! TIPS, TOOLS AND SERVICES IN SCARBOROUGH w/ Ms. Lorraine D’silva, Connecting Women with Scarborough Services - Are you or a woman you know experiencing abuse and unsure where to seek help? Get informed about various techniques to add to your coping toolkit and learn about CWSS and other resources in Scarborough! Register by Tues, July 6. SPONSORED BY CONNECTING WOMEN WITH SCARBOROUGH SERVICES, RESHMA DHRODIA

WHEN LONELINESS STRIKES w/ Ms. Onsia Ansari - While virtually everyone experiences moments of loneliness, we sometimes don’t know how to do with these big feelings. Join us as we discuss practical strategies to overcome loneliness during the pandemic. Register by Tues, July 6. SPONSORED BY KAYLA MCKENZIE, MYYA BRYAN, BIANCA THOMPSON, KERA HINDS-JAMES, ELIKA HESHMATI, CHELSEA LAIR, AHILLAN ILANGKO, KHALIEL JAMES, GABRIELA JACQUELINA HOGG PICHARDO

TUES, JULY 13 - 7:00 TO 8:30 PM

THURS, JULY 8 - 2:30 TO 4:00 PM

THURS, JULY 8 - 7:00 TO 8:30 PM

THURS, JULY 15 - 2:30 TO 4:00 PM

THURS, JULY 15 - 7:00 TO 8:30 PM

You can become a member of Scarborough Women’s Centre by filling out and sending us the application found here.
EMPLOYMENT LAW AND WORKER'S RIGHTS w/ Ms. Tisha Alam, Scarborough Community Legal Services

SCLS is a legal clinic providing legal and social work services in the areas of housing, social assistance, immigration and employment law. This webinar will focus on the area of employment law, and specifically on worker's rights. We will discuss the rights and protections that workers in Ontario have under the Employment Services Act and under the Human Rights Code of Ontario. The aim of this workshop is to educate and empower women as they navigate the workforce. Register by Sun, July 18. SPONSORED BY SCARBOROUGH COMMUNITY LEGAL SERVICES, ARTHUR & MARY HEINMAA

THUSS, JULY 22 - 2:30 TO 4:00 PM
SISTERS SUPPORTING SISTERS w/ Ms. Aisha Afzal - When women support each other, amazing things happen! Join us for a conversation on healthy friendships and how to cultivate platonic intimacy. Together, we will learn about shine theory and how it can help our friendships bloom. We will also explore how to build our circles of support. Register by Tues, July 20. SPONSORED BY TIPPET FOUNDATION

TUES, JULY 20 - 7:00 TO 8:30 PM
RELATIONSHIP MYTHS w/ Dr. Helen Ziral
We're all familiar with relationship myths. It's hard to avoid them. Identify common relationship myths, understand the truth behind them, and navigate through the pitfalls as we learn about self in relationships. Register by Sun, July 18. SPONSORED BY KISSAN INTERNATIONAL (CANADA)

THURS, JULY 22 - 7:00 TO 8:30 PM
DON'T WORRY ABOUT IT! w/ Ms. Onsia Ansari - Stress has a way of making us feel helpless. You have a lot more control than you might think! But stress management is not one-size-fits-all. Effective stress management helps you break the hold stress has on your life, so you can move towards being happier, healthier, and more productive. Join us as we explore different stress management strategies and explore what works best for you. Register by Tues, July 20. SPONSORED BY RONA HOME & GARDEN - MIDLAND AVE, SCARBOROUGH

We will be back with new webinars in the fall.

Please check our website in September for the Fall Webinar Schedule. Or have it delivered to your email Inbox by signing up for our mailing list here.

Have a safe and happy summer!