

MARY HEINMAA - REFLECTIONS ON RETIREMENT FROM THE BOARD

Don't miss our Annual General Meeting

We will be celebrating our 35th anniversary!

Tuesday, September 26th, 2017, 6:30 - 8:30 PM

Scarborough Civic Centre Rotunda
150 Borough Drive

Please RSVP by Tuesday, September 19th, 2017 via adminassist@scarboroughwomenscentre.ca or 416-439-7111

Please let us know if you require any accommodations. Attendant care will be provided.

It's hard for me to believe that I've been volunteering with the Scarborough Women's Centre for over ten years now. It feels like a lot less. Over the course of all those years, I've heard one common question from my family and my friends: "Why do you volunteer for the Centre?"

This was always an easy question for me to answer. I volunteer because the Centre makes a meaningful difference to women who need support, guidance and empowerment, and because I want to play a part in this positive transformational process.

My original involvement was with a group of women - "Ladies Who Launch" - who felt the same way. We provided the Centre with our volunteer time in building relationships and partnerships in the community, as well as supporting some of the board-led fundraising initiatives. Soon after, I joined the Board of Directors and worked on a number of committees, most notably finance, governance and strategic planning. I was also President of the Board of Directors from 2013 to 2016 and was fortunate to work alongside a group of dedicated, enthusiastic and talented women who all wanted to ensure the success of the Scarborough Women's Centre.

It has been a privilege to work alongside my fellow board members, and especially with Lynda Kosowan who over the past 31 years has played an integral role in increasing access for marginalized women including women with disabilities, LGBTQ, seniors, and newcomers. I wish the best of luck to my successor Joanna Noble, and I'm confident that the Scarborough Women's Centre will continue to be a positive influence on the lives of those of us who need it most.

- Mary Heinmaa

Best wishes to Mary Heinmaa as she retires from the Board. She won't tell you, but she also won two Ontario Volunteer Service Awards and the Ontario Leading Women, Leading Communities Award!



HAPPY 35TH ANNIVERSARY SWC!

What an incredible achievement - Thank you for the big and little things you do each and every day to improve the lives of women and girls in Scarborough.

I began my term as President in Fall 2016, and have been privileged to serve on the Board of Directors for four years now. I am in awe of the Centre's dedicated team and all the programming available. It's your hard work, the countless hours of planning, organizing and mobilizing that inspire the many people and organizations in our city to open their wallets and support all that you do - I remain inspired by the generous support from our donors.

There is something different and distinctive about the Centre. It's resilient. It's responsive. It runs lean, yet continues to meet the needs of its community. Further, many of the women utilizing its services have remained in contact with and supported the Centre over the last thirty-five years.

Since 1982 the Centre has impacted the lives of over 170,000 women - just incredible. By proactively investing in programming and services, the Centre has been empowering women to live economically and emotionally independent. And their families and communities continue, and will continue to grow stronger as well. A shining beacon for many women, the Centre is a vibrant and special safe space for many.

I would like to take a moment to thank Mary Heinmaa, who is retiring from the Board, for her passion, leadership, generosity and commitment to the Centre and lives of women and girls.

- Joanna Noble, President, SWC Board of Directors

SWC SUMMER STUDENTS

Through the generous partnership with Service Canada's Summer Jobs program, SWC was able to offer four student positions this summer.

Sreedevi, who completed undergraduate studies in Psychology and starting her Masters of Social Work in the fall at the University of Toronto, was chosen for the new position of LGBTQ Outreach. "I have enjoyed so far being able to work with a lot of amazing women and I am looking forward to hosting my first workshop in a few weeks."

Mahayah joins us from Carleton University where she majors in Law and Social Justice and is our newest Young Women's Outreach employee working under Priscilla Arias. When asked her view on the Centre so far, she said, "[The Centre] makes a difference in women's lives, both large and small. I've volunteered with many young women and I like that this is a bit of an older demographic."

This summer's Information Referral Worker, Deniz, is studying Political Science and Sociology at the University of Toronto. "By working the front desk, I have learned there are so many resources that women are just not aware of. Through my time at the Centre, I hope to help women get any help they may need."

In the position of Senior Program Outreach worker, Thurka returns for her second summer after studying Health and Society at York University. "I am very excited to be welcomed back, the Centre has been an open, safe and welcoming environment. It helps you grow not only as a student but as a person."

We're grateful to Service Canada for giving us the opportunity to work with such wonderful young women!

- Allie Kelly, Communications Coordinator



BUILDING — STRONG — FUTURES

We have a new program logo! Building Strong Futures introduced a new look in May 2017, which is great timing as we celebrate SWC's 35th Anniversary.

Our logo is exactly what we wanted it to be. It represents the diversity of our young women participants, mirroring the multiculturalism of Scarborough. Walk into any one of our workshops and you will recognize some of the smiling faces in the logo. It was important for us to have that unique mosaic represented and for any young woman to see herself and feel welcomed. Big shoutout to Salini Perera! Thank you for working with us in designing a logo that makes us so happy and proud.

Congratulations to Scarborough Women's Centre on the 35th Anniversary!! It's beyond inspiring working with the women who help run our programs and services – Thank You for creating a space for women to feel safe and grow towards becoming better versions of themselves and for seed programs to establish a strong foundation for roots to blossom.

**- Priscilla Arias, Building Strong Futures:
Young Women's Outreach Project Coordinator**



ARE YOU HAVING FUN YET?

You are an adult now, and as a child you always wanted to be older and have the rights and privileges of an adult. Now you are an adult, you may ask yourself this question, “Am I having fun yet”? What was the point in rushing to grow up, get a car, go to school, go to work, get married, have children, or for some the rush to drive and stay out until whenever you feel like coming home. Now that you are doing some of these or all of these things legally are you enjoying yourself? If not, what do you do with yourself now?

Some of you are saying to yourself that you were not expecting to have fun as you got older. You have been more concerned about duty, or working hard etc. Some of you have been having fun and enjoying yourself all your life and are expecting to do so every day of your life! The answer to the question, “are you having fun yet?” is for each individual to answer. If your answer is yes, continue to do so. If not, start exploring your feeling and thoughts to determine what you want to do, and start doing it. Do you consider other people’s opinion on what you should be doing with your life? To a certain extent, you can listen to other’s opinions, but in the end, you will have to decide what you want to do or be. Others cannot live your life for you, no matter how hard they may try!

- Jacynth Fennell, Counsellor

If you would like to speak to the counsellor at Scarborough Women’s Centre, please call (416) 439-7111 to set up an appointment.



LOOKING BACK TO 1982

As Scarborough Women’s Centre celebrates its 35th anniversary, we look back at 1982 to recognize the progress women have made in Canada and around the world. Since 1982, major milestones have been achieved by individuals and nations, as “waves” of feminism championed equal rights.

Pierre Trudeau’s introduction of a Charter of Rights and Freedoms into the Canadian Constitution laid out fundamental principles which promoted tolerance. The Charter includes an equality rights clause which guarantees equal treatment under the law, regardless of “race, national or ethnic origin, colour, religion, sex, age or mental and physical disability”. Other legal changes occurred in Canada, including changes to divorce laws and abortion laws, usually in reference to the Charter and its protection of individual (women’s) rights. Laws regarding sexual offences changed in 1983 to broaden the scope of offences, making it illegal for a man to rape his wife. The Canadian Divorce Act (1985) ended gender-based discrimination regarding right to divorce and custody of children, building on the first Divorce Act (1968) which allowed more reasons than adultery to enable women to divorce. The Supreme Court of Canada in 1988 struck down the abortion law of 1969 – which had continued to set limitations on abortion access, as it violated women’s rights as outlined by the Constitution.

The 1980s also saw an increase in women’s groups and organizations guided by feminist anti-oppression philosophy, increasingly becoming more intersectional by considering other social identities such as race and class. Although the wage gap still exists, it has reduced from women earning 64% to 74% of the average male worker’s wage. From grassroots organizations to federal policy, it is evident that women have come a long way to gain autonomy and rights in both public and private spheres.

- Deniz Yilmaz, Summer Information and Outreach Program Worker



**Scarborough
Women's
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&



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WOMEN'S
CENTRE**

WOMEN AT THE CENTRE IS A PUBLICATION OF SCARBOROUGH WOMEN’S CENTRE.

LETTERS AND SUGGESTIONS ARE ALWAYS WELCOME. PLEASE FORWARD TO:

LYNDA KOSOWAN, MSW, RSW, EXECUTIVE DIRECTOR AND EDITOR AT ed@scarboroughwomenscentre.ca

DESIGN AND LAYOUT: KALUM PERERA

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OUR GENEROUS DONORS - THANK YOU!

GOVERNMENT FUNDERS

Service Canada, The Government of Ontario through The Ministry of the Status of Women, City of Toronto-Community Service Partnership Program, City of Toronto-Investing in Neighbourhoods Program

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GROUPS

Agincourt Civitan Club, Canadian Federation of University Women (Scarborough Chapter), Centennial College - Centre for Global Citizenship Education & Inclusion, Elementary Teachers' Federation of Ontario, Elementary Teachers of Toronto, John McCrae Sr. Public School, Milliken Mills Lions Club, Ontario Power Generation Employee & Pensioners' Charity Trust, OPS Women in Law, Probus-Guildwood, The Rotaract Club of the University of Toronto, The Rotary Club of Agincourt, Unifor Social Justice Fund

INDIVIDUALS

Anonymous, Arthur & Mary Heinmaa, Tamara Akopcan, Jill Andrew, Nicole Arabey, Joyce Archer, Rashmi Aurora, Yvette Bailey, Theresa Bigayan, Carolyn Borovicka (CBA Management Services), Chelsea Chen, Christiana Chen, Yu Fei Chen, Daniel Crowell, Elaine Dandy, Ari Dassanayake, Marie Duplessis, Loretta Fines, Lynn Fournier-Ruggles, Luisa Fracassi, Tara George, Karen Grimshaw, Kerri Harris, Tahira Hassan, Debbie Herridge, Francine Hickman, Julie Hiroz, Laura Humphries, Lauren Inouye, Andrew Johnston & Christina Friend, Beza Kebede, Kathy Killinger, Lynda Kosowan, Nan Kosowan, Lisa La Horey, Mai Lee, Jen MacBruce Bonsu, Glenn Male, Judit Marincan, Douglas Mark, Angeline Mau, Nancy Maxwell, Lyn McDonell, Lauren McInroy, Catherine Mendez, Jyothi Menezes, Nicole Myers, Janice Nicholson, Joanna Noble, Fran Odette, Madeline Over, David Pauli, Jessica Pellow, Talin Polimeneas, Vivienne Poy, Manisha Ramrakhiani, Irene Rey, Carol Rheaume, Christine Sarbu, Henna Sethi, Rekha Shah, Neeti Sharma, Brian Simon, Kacian Simpson, Harijah Sivakumar, Karen Spencer Goslin, Penelope Stuart, Beena Tabinda, Nadia Taylor, Dimitra Tsagaris, Peeranut Visetsuth, Darlene Watman, Nicole Williams, Joanna Wright, Peter Zouboulakis

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THIRD PARTY EVENTS

CFUW (Scarborough) Fashion Show, Music at Starbucks - 43 Milner Ave, Rotaract Art Gala (University of Toronto), Shoppers Drug Mart Growing Women's Health Campaign

SUPPORT THE CENTRE!



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City: _____ Province: _____ Postal Code: _____

Enclosed is my donation of: \$50 \$100 \$200 \$500 Other (please specify) _____

Enclosed is my cheque for \$ _____ payable to Scarborough Women's Centre.

Visa/Mastercard #: _____ Expiry Date: _____/_____/_____

Name on Card: _____ Signature: _____

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You may acknowledge my donation on your newsletter and website.

Please keep me informed of Centre activities.

FALL 2017