



SCARBOROUGH
WOMEN'S CENTRE

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ONE TO ONE PROGRAM

INFORMATION FOR WOMEN SEEKING SUPPORT

Scarborough Women's Centre offers a one-to-one program for women in life transition, who are working towards specific goals. Each woman is matched with a trained volunteer and the pair meets once a week. This gives her another caring woman to talk to, someone to relate to and someone to offer emotional support.

SUPPORTIVE MENTORING

For those who are coping with various life changes such as divorce, separation, a death in the family, job loss or moving to a new city. Mentors assist women to build their support system, break their isolation and be more in charge of their lives.

ENGLISH CONVERSATION-MENTORING/TUTORING

For women who are new to Canada or whose first language is not English. Mentors assist women who have already completed ESL or LINC training to further develop English conversation skills by practicing in an informal, comfortable setting. Through conversations with her mentor a woman is given the opportunity to improve her English.

If you are interested in this service, to arrange an interview or get further information, please contact us at 416-439-7111 or email at volcoord@scarboroughwomenscentre.ca.