



WOMEN AT THE CENTRE

Volume 26, Issue 2
Winter 2020

SCARBOROUGH WOMEN'S CENTRE

2100 Ellesmere Rd., Suite 245, Scarborough, ON M1H 3B7

TEL: (416) 439-7111 FAX: (416) 439-6999

WEBSITE: www.scarboroughwomenscentre.ca

WELCOME FEROZAN!

My name is Ferozan Nasiri, and I recently joined Scarborough Women's Centre as the Program Coordinator for the *Building Strong Futures: Young Women's Outreach Program*. I am excited as well as honoured to be working closely with people who are passionate and committed to building strong and vibrant futures for young women and to also engage in meaningful dialogue and community building when it comes to topics and issues relevant to young women's lived experiences in Scarborough/Toronto East.

For the past 10 years, the program has offered unique workshops such as body positivity and healthy relationships to dealing with sexual harassment, which demonstrated various opinions, experiences, and ideas that have been circulated and transformed into community-based projects. With the strong support and passionate work by the **former Program Coordinator, Priscilla Arias**, the program has seen young women share their unique perspectives and understandings through various platforms such as social media, art, volunteering, creating committees and/or clubs in their schools and/or local community centres that deliver meaningful messages to their respective communities. The program has continued to sustain, develop, and encourage participants to validate, and normalize important discussions in a safe environment at a time when it was not popular nor accepted before the rise of social movements such as #MeToo and Time's Up. It has overall articulated a sense of affirmation and confidence for young women when navigating through different barriers in society such as the workplace, social circles, education, and the relationship with one's self.

The City of Toronto is moving closer to the creation of an Intersectional Gender Equity Strategy and Gender Equality Office for Toronto. This does not only showcase how progressive these social issues have become but rather, how the existence of programs such as YWO has contributed to the overall discussion of the creation of a system that supports women, girls, trans, and non-binary individuals. It is an exciting time to build upon the workshops, conversations, and projects



that the program has delivered as well as the transformative change it continues to implement from a community-based standpoint.

Ferozan Nasiri, MEd

Program Coordinator, *Building Strong Futures: Young Women's Outreach Program*
416-439-7111 x 4 or
specialproject@scarboroughwomenscentre.ca

Thank you to Mackenzie Investments Charitable Foundation, and Johansen-Larsen Foundation for your continued support in the empowerment of young women.

Thank you to Priscilla Arias, the former Program Coordinator, for laying the foundation of supporting and creating meaningful spaces, dialogues, and futures for young women in Scarborough/Toronto East.



CONGRATULATIONS TO SCARBOROUGH TOYOTA, OUR 2019 VOLUNTEERS OF THE YEAR!

Through their fundraising efforts in the last few years, they have raised \$56,300 toward our work supporting women and girls to become economically and emotionally independent, and free from violence.

AVOIDING BURNOUT

“Revival from burnout is always about the recovery of lost authenticity.” - Dr. Joan Borysenko

Are you working too hard and sleeping too little? Do you end up sacrificing your own needs for something (or someone) else that suddenly presented itself as more urgent than what you had intended your day to entail? Does it seem as though your agenda lacks you and is comprised solely of the needs of others? If you said “yes” to all of these questions, then you could be on the path to experiencing burnout. The good news is that you can turn things around!

According to Dr. Joan Borysenko, a Harvard-trained medical scientist and a New York Times best-selling author, “Burnout looks a lot like depression, but it's not a biological bogeyman that medication or simple stress management can cure. It's a disorder of hope and will that sucks the life out of competent, idealistic, hardworking people like you.”

Sometimes a new environment, which allows you to see your circumstances in a different way or establishing a new way of being can prevent burnout from happening. Of course, a revised version of the way you are living does not mean getting rid of your values and becoming someone completely different. It means learning to experience life in a different way. It also requires that you think about your purpose, develop realistic daily activity plans, create boundaries and collaborate with others, and maintain a commitment to the importance of your own well-being. The goal is to be aware of a pattern that might be developing long before burnout occurs.

Carol Soares, RSW
Counsellor

416-439-7111 x 6 or uwcounsellor@scarboroughwomenscentre.ca

*Thank you to United Way Greater Toronto
for making this program possible!*



THE ART OF ACTUALLY APPLYING WHAT YOU HAVE LEARNED



The concept of actually applying what you have been taught either in school, by parents, or a religious institution, is a very interesting thing to consider. All that knowledge can just go up into the atmosphere or can be utilized. For instance, some dislike cold weather. This can be solved by moving to a warmer climate or becoming a snowbird (those who go away for the winter to some place warmer). You can also learn techniques for dealing with what you don't like. For instance, make sure you are warm from head to toe. If you like bright colours wear them. If you are into the basic black, then dress it up so you feel good. Make sure you have lots of lighting, and make sure you are getting fresh air and exercising. Check what you are eating. Is it going to make you more miserable or will it help you feel fit and strong. Clear emotions as you go so that they do not build up and you “explode”.

Some things we are taught in school, other things we learn by watching others. We can learn from their mistakes as well as successes. We then can choose to apply these lessons into our own lives. Work is always more difficult than it looks. Don't expect that learning is always easy. Sometimes you will learn quickly, other times it will take years. Persevere and conquer your feelings so that you can achieve what you want.

Jacynth Fennell, PhD
Counsellor

416-439-7111 x 2 or counsellor@scarboroughwomenscentre.ca

*Thank you to the Government of Ontario through the
Ministry of Community and Social Services (Women's Issues)
and City of Toronto-Community Service Partnership Program
for making this program possible!*

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

**FIND US
ON SOCIAL
MEDIA!**



PROMOTING THE INCLUSION OF WOMEN WITH DISABILITIES WITHIN COMMUNITY ORGANIZATIONS

Are you committed to promoting the inclusion of women with disabilities within your organization and community at large? Through our research project, we have identified several strategies that organizations can use to make their workplace culture welcoming to women with disabilities. Some strategies are:

- Conduct a needs assessment: Consider what knowledge exists within your organization. What barriers might your organization encounter in promoting the inclusion of women with disabilities?
- Establish policies and procedures that are inclusive of women with disabilities. Are you familiar with the definition of disability under the Ontario Human Rights Code and the Accessibility for Ontarians with Disabilities Act?
- Organize training opportunities that are led by women with disabilities
- Conduct an accessibility audit of your organization to

understand the types of barriers that women with disabilities might experience within your organization

- Develop partnerships with disability organizations to help promote your programs and services to women with disabilities
- Identify opportunities where women with disabilities can take on leadership roles and have decision-making power within your organization
- Obtain ongoing feedback about how your organization can become more inclusive to women with disabilities.

To learn more about our project, please contact us.

Melissa Simas, MSW, RSW

Program Coordinator, Expanding the Reach

416-439-7111 x 3 or program@scarboroughwomenscentre.ca

Thank you to our project partners and to the Department of Women and Gender Equality Canada for supporting women with disabilities!

THE SILVER TSUNAMI

As the Seniors Program Worker at Scarborough Women's Centre, my everyday life and thinking patterns are nowadays revolving around the issues involving senior women and what they face in their everyday lives. I have been fascinated with the volume of research/information regarding senior women in Canada. I have learned that:

- Canada's population is in the midst of a fundamental shift. In 2012, almost 1 in 7 Canadians was a senior; **by 2030 that number will jump to nearly 1 in 4.**¹ This extraordinary change in the demographics presents new opportunities for Canadian society.
- 30% of Canadian seniors are at risk of becoming socially isolated.²
- As women tend to live longer, there are more senior women of ages 65 and above than senior men.³

SWC is designing a program for senior women who live in Scarborough. Our plan is that local senior women will take on the responsibility to address issues themselves by becoming mentors for other senior women.

SWC is well suited to address social isolation in senior women through this mentoring program, because we are a recognized community centre geared towards marginalized women living in Scarborough. We have worked with senior women for many years. 34% of the women using our services are 55+.

We expect that this mentoring program will affect senior women in the following ways:

- decrease social isolation
- improve emotional wellness
- strengthen autonomy, courage, and a sense of purpose
- create empowering friendships
- increase control of various aspects of their lives, such as dealing with abuse, coping with chronic diseases, ageism etc.

I also learned some interesting facts about seniors in



Canada while working at SWC:

- Overall many seniors do not see themselves as seniors. 87% feel a lot younger than their actual age.⁴
- Seniors tend to be more satisfied with their lives than those in the younger age group⁴
- Senior women had a higher level of life satisfaction than senior men⁴

I believe promoting senior women's health, wellbeing and development through a one to one phone-based program will be a unique approach. We will also deliver some SWC workshops specifically tailored for senior women. We encourage senior women to reach out to us with their ideas and lived experience.

We are looking for partners and funders interested in helping to make this program a reality. Please contact Lynda Kosowan, Executive Director at 416-439-7111 x 1 or ed@scarboroughwomenscentre.ca.

Sushama Farjana, Seniors Program Worker

1. Government of Canada – Action for Seniors Report. (2014). “Profile of seniors in Canada.
2. Statistic Canada: Social isolation of seniors – Volume 1: Released February 23, 2017. Accessed June 12, 2018).
3. Statistic Canada: Nov 29, 2017
4. Statistic Canada: Care and Social Support: life satisfaction among Canadian Seniors, Released date 2018-08-02.

OUR GENEROUS DONORS - THANK YOU!

GOVERNMENT FUNDERS

Service Canada, Government of Canada-Department for Women and Gender Equality, Government of Ontario-Ministry of Children, Community and Social Services (Women's Issues), City of Toronto-Community Service Partnership Program, City of Toronto-Investing in Neighbourhoods Program

FOUNDATIONS

The Catherine and Maxwell Meighen Foundation, Johansen-Larsen Foundation, Mackenzie Investments Charitable Foundation, McCarthy Tetrault Foundation, Ontario Realtors Care Foundation, The Rochelle & Calvin Sager Foundation, Royal LePage Shelter Foundation, Shoppers Drug Mart Life Foundation

CORPORATIONS & BUSINESSES

CBA Management Services, Claren Inc., The International Group, Mudança Clothing, Power Tech Solutions, salesforce.com, Scarborough Toyota, Scarborough Shoppers Drug Mart Stores, Sweet Caroline Café, Royal LePage Estate Realty

GROUPS

Bliss Carmen Sr. P.S., Canadian Federation of University Women - Scarborough Chapter, Elementary Teacher's Federation of Ontario, Francis Libermann C.H.S., Melville Presbyterian Church, The Rotary Club of Agincourt, SATEC @ W.A. Porter, SKF Canada Employees Charity Fund, St. Mark's United Church, Unifor Social Justice Fund, Women's Committee - Veoneer IAM Local 2113

INDIVIDUALS

Anonymous, Mary Abadjian, Malak Abuzgaya, Katharine Allan, Jill Andrew, Amandeep Bagri, Yvette Bailey, Tomilola Bibilari, Jen Bonsu, Christopher G. Bradley, Joe C., Genevieve Calautti, Christiana Chen, Elaine Dandy, Ari Dassanayake, Pauline De La Haye, Cheryl L. Denomy, Filomena de Sousa, Lorna Edwards, Ahmad Farid, Azita Fathi, Lynn Fournier-Ruggles, Arlene Galaxides, Reem Gedeon, Tara George, K. Wendy Gray, Chanel Grenaway-Mills, Karen Grimshaw, Lynda Hanley, Kerri Harris, Arthur & Mary Heinmaa, Debbie Herridge, Francine Hickman, Kathryn Hill, Julie Hiroz, Wai-Man Hui, Naila Ibrahim, Lauren Inouye, Geethanchali Jeyarajan, Andrew Johnston & Christina Friend, Lisa Jones, Kerry Joseph, Kathy Killinger, Haejie Kim, Lynda Kosowan, Nan Kosowan, Shyanah Kugaleswaran, Diane L., Joanne Lafreniere, Anne & Pedro Leon, Venesse Lewis, Charlene Lilly, Carolyn Ling, Judit Marincan, Douglas Mark, Nancy Maxwell, Lyn McDonell, Kristan McLean, Ginelle Mendonca, Jyothi Menezes, Karon Miller, Annisa Mohammed, Farah Mustafa, Akilah Myrie, Wanjiro Ndungu, Janice Nicholson, Dele Ojelabi, Sue Osborne, David Pauli, Merissa Gladys Peña, Suzana Petrunic, Beth Purdon-McLellan, Megi Qirkollari, Danyal Rawjani, Carol Rheaume, Donna Richardson, Fizza Rizvi, Joyce Saunders, Henna Sethi, Torrey Shanks, Charles Shariff, Archana Sharma, Neeti Sharma, Ananda Silva, Kacian Simpson, Saranki Sivan, Carol Soares, Penelope Stuart, Cindy Tan, Taylor Thompson, Dimitra Tsagaris, Noor Ul Ann, Thadsha Veniyagamoorthy, Liliana Vera-Montano, Katie Wicik, Joanna Wright, Rachele Zamora

IN KIND DONORS

Boost Motor Group, Erin Deviney, Marie Duplessis, Tim Howe, McMillan LLP, salesforce Canada

EXTERNAL EVENTS

Canadian Federation of University Women -Scarborough Chapter Fashion Show, Scarborough Toyota Community Outreach Campaign, Shoppers Drug Mart Growing Women's Health Campaign, TDSB Spotlight Talent Night 2019, Women's Committee - Veoneer IAM Local 2113 Bake Sale



SCARBOROUGH
WOMEN'S CENTRE 2100 Ellesmere Road, Suite 245
Scarborough, ON M1H 3B7

SUPPORT THE CENTRE!

Name: _____ Email*: _____

Phone #: (_____) _____ Address: _____

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 #: _____ CVV2: _____ Expiry Date: _____ / _____

Name on Card: _____ Signature: _____

Or, donate online: <https://www.canadahelps.org/en/charities/scarborough-womens-centre/>

Registered Charitable #: 10795 9660 RR0001

* By providing us with your email address you consent to receive email communication from Scarborough Women's Centre (SWC). This includes but is not limited to SWC's program flyer, Newsletter, AGM invitation and information on current events. You can unsubscribe at any time by selecting the unsubscribe link available within every email communication that you will receive.

You may acknowledge my donation on your newsletter and website.

Please keep me informed of Centre activities.

WINTER 2020