



# EXPANDING THE REACH

Empowering Women with Disabilities

Join us for our next interactive webinar

## Caring for Ourselves & Others

**Wednesday April 28, 2021**

**2:30 to 4:00 pm**

Webex Meeting Platform

In this webinar participants will explore

- ✓ Different kinds of intimacy in relationships
- ✓ How to make self-care a priority
- ✓ Strategies to improve the quality of their relationships

Real-time captioning will be provided

**Register with Melissa by Monday April 26, 2021**

Please indicate if you require any accommodations or support to participate in our webinars

**Phone:** 416 439 7111 Ext 3 (or 103)

**E-mail:** [program@scarboroughwomenscentre.ca](mailto:program@scarboroughwomenscentre.ca)

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