



SPRING YOUNG WOMEN'S PROGRAM SCHEDULE

In response to the physical distancing restrictions, Building Strong Futures: Young Women's Outreach program cannot host in person workshops, however we are pleased to offer virtual workshops through **Cisco WebEx Meetings!**

Why attend?

Not only are these webinars a great way to learn new things and empower yourself, they are also a space where we as young women can come together virtually to create and experience a sense of community.

How can I sign up?

You can sign up by visiting <http://www.scarboroughwomenscentre.ca/young-women/> and filling out the registration form that can be found at the bottom of the page. The link to join the meeting as well as call in instructions will be sent to you at the email you provide the day before the webinar is scheduled to take place. If you don't have a reliable internet connection, you have the option to call in from your mobile device and listen on your phone.

Young Women's Leadership Development Program

There are currently no spots available for our young women's leadership development program. However, we hope to offer the program again in the summer! Stay tuned for more information.

Questions?

Please email our Project Coordinator Nadya Lim-Douglas at specialproject@scarboroughwomenscentre.ca or call 416-439-7111 ext. 4

Stay tuned for our June schedule!



THURSDAY APRIL 8TH 4:30-6 PM

**"Gender Stereotypes"
w/ Nadya Lim-Douglas**

Join us for a critical thinking workshop on how gender stereotypes affect our lives as young women and intersect with other stereotypes, such as racial stereotypes, to inform our unique experiences.



THURSDAY APRIL 15TH 4:30-6 PM

**"All About Body Positivity"
w/ Nadya Lim-Douglas**

Loving your body isn't easy. This workshop will discuss how to have a positive relationship with your body and will involve simple self-love exercises that you can incorporate into your daily life to boost your self-esteem.

THURSDAY APRIL 22ND 4:30-6 PM

**"Make Self Care a Priority"
w/ Melissa Simas**

Are you someone who struggles with prioritizing self-care? In this interactive webinar, we will discuss barriers to self-care and explore various ways we can incorporate more self-care into our everyday lives.

TUESDAY APRIL 27TH 4:30-6 PM

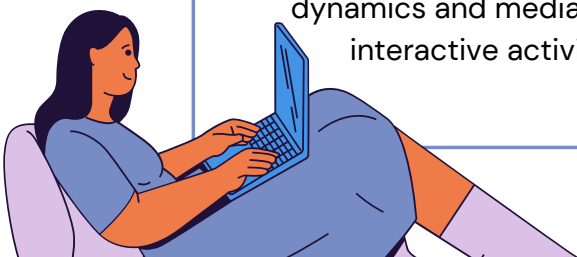
**"Financial Literacy"
w/ Mackenzie Investments**

Learning how to manage your money plays an important role in setting yourself up for an independent and strong future! Join volunteers from Mackenzie Investments to learn about how you can take better care of yourself by taking better care of your money.

THURSDAY APRIL 29TH 4:30-6 PM

**"Consent in Real Life"
w/ Kaleigh McGregor-Bales**

Join the organization "Bad Subject" to chat boundaries, building healthy relationships, non-verbal communication, rejection, social dynamics and media through interactive activities.



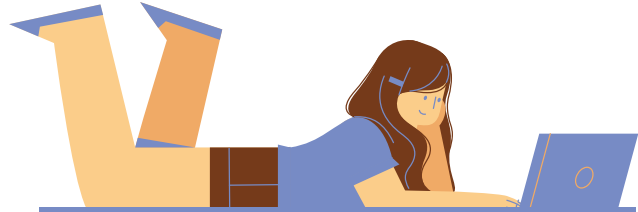

Register Here!
Scroll to the bottom of the page and fill out the form.



TUESDAY MAY 4TH 4:30-6 PM

"2SLGBTQ+ 101" w/ Planned Parenthood

This Interactive workshop will encourage you to think critically about homophobia, biphobia, and transphobia in your community, challenge stigma and myths, and learn more about the issues facing 2SLGBTQ+ youth.



THURSDAY MAY 6TH 4:30-6 PM

"Qualities of a Good Leader" Leadership Development Program Session #1

First session of the 4 week leadership development program.

TUESDAY MAY 11TH 4:30-6 PM

"Sisters Supporting Sisters" w/ Aisha Afzal

When women support each other, amazing things happen! Join us for a conversation on healthy friendships. Together, we'll learn about platonic intimacy, shine theory, and how to build our circles of support.

THURSDAY MAY 13TH 4:30-6 PM

"Putting it Into Practice" Leadership Development Program Session #2

Second session of the 4 week leadership development program.

TUESDAY MAY 18TH 4:30-6 PM

"Online Safety" w/ Nadya Lim-Douglas

The internet can be a great tool, but there are also some risks to putting ourselves out there online. Together we will explore how to keep ourselves and our friends safe while navigating digital spaces.

THURSDAY MAY 20TH 4:30-6 PM

"Power, Privilege & Leadership" Leadership Development Program Session #3

Third session of the 4 week leadership development program.



TUESDAY MAY 25TH 4:30-6 PM

"Building Confidence & Ditching Self-Doubt" w/ Nadya Lim-Douglas

Self-doubt can get in the way of many things. This workshop will set you up with some useful tools to ditch self doubt and build confidence within yourself.

THURSDAY MAY 27TH 4:30-6 PM

**"Recognizing our Successes" Leadership Development Program
Session #4**

Fourth and final session of the 4 week leadership development program.

Stay tuned for our June schedule!