In response to the physical distancing restrictions SWC is offering webinars through the Webex Events platform. You can “attend” these webinars from your home, using your computer or mobile device. If you don't have a reliable internet connection, you have the option to call in and listen to the webinar on your phone.

Sign up through the form on our website (scroll down to the bottom of the page and be sure to fill out each section): scarboroughwomenscentre.ca/workshops/. We will send you the link and password along with the call-in information if you would rather listen on your phone. You can also register by calling 416-439-7111 x 107.

Please note that you need a current email address, that is regularly checked, in order to sign up for SWC webinars. After the webinar you will be asked by email to complete a brief online evaluation.

REAL-TIME CAPTIONING IS AVAILABLE FOR SWC WEBINARS!

Real-time captioning will be provided at SWC webinars BY REQUEST as part of our ongoing commitment to promote greater accessibility and inclusion at Scarborough Women’s Centre (SWC).

What is real-time captioning?
Real-time captioning ensures everything that is said during a webinar is converted into live captions that are displayed on participants’ computer screens. A full transcript of the captions is then provided to Scarborough Women’s Centre (SWC).

How to Request real-time captioning at SWC?
Please register for our webinars as soon as possible and let us know that you would like real-time captioning when you register.

If you are registering online, please indicate on the contact form that you would like real-time captioning. If you are registering by phone, please let the person that you are talking to know that you would like real-time captioning.

Note: A minimum of TWO WEEKS notice is needed to secure real-time captioning. This is because captioning service providers have seen an increase demand for service during the COVID-19 pandemic and may be unable to fulfill last minute requests.

Please contact Melissa Simas by email: program@scarboroughwomenscentre.ca or phone: 416-439-7111 x 103, if you have any questions.
We gratefully acknowledge the support of the Government of Ontario and the City of Toronto to make these programs possible.
RESOLVING EVERYDAY CONFLICTS w/ Nadya Lim-Douglas - Conflict is an unavoidable aspect of life, but conflict doesn’t need to be negative! If conflict is resolved effectively and respectfully, it can lead to positive outcomes. In this workshop we will discuss communication and active listening, and show you how you can use these skills to effectively resolve conflict in your life. Register by Tues, Nov 2. Sponsored by Tippet Foundation.

THURS, NOV 4 - 7:00 TO 8:30 PM
STEP INTO YOUR WORTH w/ Onsia Ansari - Somewhere along the way, you heard the message ‘I’m not enough’ and took this to be your truth. Or maybe you’re finding your self-worth tied to external validation and accomplishments? As a society, we’ve developed beliefs about what we do and don't deserve. Join us to learn how to build a solid sense of self-worth based on your terms and to be your own cheerleader. Register by Sun, Oct 31. Sponsored by Ontario Nurses’ Association.

THURS, NOV 4 - 2:30 TO 4:00 PM
RESOLVING EVERYDAY CONFLICTS w/ Nadya Lim-Douglas - Conflict is an unavoidable aspect of life, but conflict doesn’t need to be negative! If conflict is resolved effectively and respectfully, it can lead to positive outcomes. In this workshop we will discuss communication and active listening, and show you how you can use these skills to effectively resolve conflict in your life. Register by Tues, Nov 2. Sponsored by Tippet Foundation.

SAT, NOV 6 & 13 - 10:30 AM TO 12:30 PM
THRIVE: KEYS TO LASTING RESILIENCE w/ Cindy Stradling - As the world is becoming more complex it is more critical than ever that you learn new techniques to cope and thrive when challenges occur. Resilience is the key to dealing with change, stress and adversity. We are constantly living with change – it is inevitable. With the right tools you can thrive in times of change. People with resilience continue to move towards their goals regardless of any setbacks. They work through disappointment, frustration and failure. This course is designed to help you understand where you are now and where to focus to become more resilient in the weeks and months ahead. By the end of the program you will learn techniques to prepare for, recover from and adapt to stress, adversity and challenges that occur in your life. *This is a 2 week course that runs on consecutive Saturdays.* Register by Thurs, Nov 4. Sponsored by The Royal LePage Shelter Foundation, Royal LePage Estate Realty.

TUES, NOV 9 - 2:30 TO 4:00 PM
MANAGING CONFLICT AT WORK w/ Farah Ali - Conflict in the workplace is inevitable as we cannot always avoid it. In this workshop we will explore areas conflict can arise and the reasons for them. We will look at conflict management styles and strategies. By the end of the workshop you should be equipped with ways of dealing with workplace conflict. Register by Sun, Nov 7. Sponsored by Kayla McKenzie, Myya Bryan, Bianca Thompson, Kera Hinds-James, Elikah Heshmati, Chelsea Lair, Ahilian, Ilango, Khalil James, Gabriela Jacqueline Hogg Pichardo.

TUES, NOV 9 - 7:00 TO 8:30 PM
DON'T WORRY ABOUT IT! w/ Onsia Ansari - Stress has a way of making us feel helpless. You have a lot more control than you might think! But stress management is not one-size-fits-all. Effective stress management helps you break the hold stress has on your life, so you can move towards being happier, healthier, and more productive. Join us as we explore different stress management strategies and explore what works best for you. Register by Sun, Nov 7. Sponsored by Scarborough Guildwood Women's Federal Liberal Club.
### Events

**TUES, NOV 16 - 2:30 TO 4:00 PM**

**SWC FOCUS GROUP (Afternoon Session)** with Lynda Kosowan, Executive Director, SWC

Women who have used our programs and services are invited to share their thoughts about how to continue to make the Centre a good place for women. Open to all past and present SWC service users. We will use a meeting room where women can speak together directly and can choose if they would like to open their cameras. Come and make your voice heard! **Register by Sun, Nov 14** Sponsored by Arthur & Mary Heinmaa

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**TUES, NOV 16 - 7:00 TO 8:30 PM**

**HOW TO START A SUCCESSFUL SMALL BUSINESS** with Michelle Lochan - There are five important factors to consider before investing time and energy into your business idea. Participants will consider their readiness to commit to a business idea and gain an understanding of free resources that are available to make self-employment and entrepreneurship a viable source of income. **Register by Sun, Nov 14** Sponsored by The Rotary Club of Agincourt & The Rotary Club of North Scarborough

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**THURS, NOV 18 - 2:30 TO 4:00 PM**

**TENANTS RIGHTS 101** with Ruth Abebe, *The Housing Help Centre* - In this webinar we will discuss the rights and obligations of tenants and landlords under the Residential Tenancies Act, 2006. We will talk about the issues surrounding finding rental housing and maintaining a tenancy. We will address options, alternatives, and legal remedies in dealing with eviction or termination of tenancy. We will look at government funded programs such as HSF, THAP, and Rent Bank. We will also look at utilities programs such as OESP, LEAP and EEF. Finally, we will talk about subsidized housing and the housing application process. **Register by Tues, Nov 16** Sponsored by The Housing Help Centre, Alan Bilinski

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**THURS, NOV 18 - 7:00 TO 8:30 PM**

**STEPPING INTO MINDFULNESS** with Swosti Adhikari - Mindfulness allows us to be fully present in the “here and now” and connect with ourselves on a deeper level. Present awareness can improve our mental, physical and emotional wellbeing as it is proven to decrease stress, improve sleep, and increase life satisfaction. In this webinar, we will be learning about the importance of mindfulness and ways to be more present in our everyday life. We will also go over tips and strategies to get started with meditation and explore different types of meditation. **Register by Tues, Nov 16** Sponsored by Ontario Realtors Care Foundation

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**TUES, NOV 23 - 2:30 TO 4:00 PM**

**ARE YOU A GOOD FINANCIAL ROLE MODEL?** with Heather Walsh, CPA Canada

Improve your financial management and teach your kids about money. Learn the ten healthy habits of financial management. Obtain resources to help get your financial house in order. Understand SMART goals & effective goal setting. **Register by Sun, Nov 21** Sponsored by CPA Canada, Jen MacBruce Bonsu

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**TUES, NOV 23 - 7:00 TO 8:30 PM**

**IMPROVE YOUR KIDS’ EATING HABITS** with Jasmin Jagpal - Struggling with kids that are picky eaters and refuse to eat any healthy foods? If cooking for the kids stresses you out and you’d love to develop healthy eating habits with foods they’ll actually enjoy, join this webinar to learn more about how to optimize your kids’ nutrition without it being time consuming or stressful, so the whole family can feel happier and enjoy eating healthier. **Register by Sun, Nov 21** Sponsored by Lowes Rona Heroes Campaign

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**THURS, NOV 25 - 2:30 TO 4:00 PM**

**SEARCH FOR JOBS EFFECTIVELY & INTERVIEW WITH CONFIDENCE!** with Nelson Briceno, *Skills For Change* - This webinar is designed to help you find work and market yourself towards success. From online applications to interviews, discover the right tools you need to get hired. We will share essential job search techniques, the do’s and don’ts of applying for work online, and how to get your application noticed. Learn how to make the right impression and showcase your skills and answer common interview questions effectively. Build your confidence and trust that your own experience will help prepare you for a successful interview. **Register by Tues, Nov 23** Sponsored by Skills for Change, Douglas Mark

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**THURS, NOV 25 - 7:00 TO 8:30 PM**

**SWC FOCUS GROUP (Evening Session)** with Lynda Kosowan, Executive Director, SWC

Women who have used our programs and services are invited to share their thoughts about how to continue to make the Centre a good place for women. Open to all past and present SWC service users. We will use a meeting room where women can speak together directly and can choose if they would like to open their cameras. Come and make your voice heard! **Register by Tues, Nov 23** Sponsored by Jessica Laforet Photography
ALL ABOUT FRAUD w/ Jun Chen, RBC
Fraudsters target people in a variety of ways: through email, on the phone, on social media, during job searching, etc. Come learn all about the different types of fraud, the red flags you should be looking out for, and how to prevent yourself and your loved ones from becoming victims of fraud. Register by Sun, Nov 28
Sponsored by RBC, Judit Marincan

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THURS, DEC 2 - 2:30 TO 4:00 PM
THE IMPORTANCE OF PRE-PLANNING w/ Monica Valitalo, Arbor Memorial
- We plan for many things in life – education, getting married, having children, purchasing a home, vacations, milestone birthdays, retirement... Planning for end-of-life should be no different, yet this doesn’t get the same attention as many other milestones, often because it’s uncomfortable. This webinar will help you to understand the value of planning ahead, to ask those difficult questions and empower you to make decisions about how you want to be remembered. Putting ones’ affairs in order is the first step towards taking control, both emotionally and financially, of the future. Register by Tues, Nov 30
Sponsored by Arbor Memorial, Reem Gedeon

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TUES, DEC 7 - 2:30 TO 4:00 PM
THE FOUR AGREEMENTS w/ Cindy Stradling
Based on the book by Don Miguel Ruiz, The Four Agreements offer a powerful code of conduct that can transform lives to a new experience of freedom, happiness and love. The Four Agreements are: 1st: Be Impeccable with Your Word, 2nd: Don’t Take Anything Personally, 3rd: Don’t Make Assumptions, 4th: Always Do Your Best. We will review each of the agreements and what they mean to us. Leave with an understanding of the difference applying these agreements will make in your life and an action plan of how to implement them. Register by Sun, Dec 5
Sponsored by Claren Inc

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THURS, DEC 9 - 2:30 TO 4:00 PM
BODY POSSITIVITY w/ Nadya Lim-Douglas
Today, there are so many body standards that are imposed onto to women and yet most of them impossible are to achieve. Despite what society’s body ideals are, everyone deserves to have a positive body image. Join us for an interactive webinar to discuss ways that we can empower ourselves, be confident in our bodies, and challenge some of the impossible body ideals that are often imposed on to women through popular culture. Register by Tues, Dec 7
Sponsored by Amazon Canada

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TUES, NOV 30 - 7:00 TO 8:30 PM
RISK AND RESILIENCE IN RELATIONSHIPS: KNOWLEDGE IS POWER! w/ Lorraine D’silva, CWSS
- November is Women Abuse Prevention month in Ontario and also National Domestic Violence Awareness month in Canada! Let’s come together to increase your knowledge of risk factors in relationships, impacts, & safety tips. Join us to learn more about Connecting Women with Scarborough Services & other resources in Scarborough! Register by Sun, Nov 28
Sponsored by CWSS, Marcus Cote

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MAKE YOURSELF A PRIORITY! w/ Melissa Simas
- Do you often put others’ needs before your own and find yourself at the bottom of your priority list? During this interactive webinar, we will explore what gets in the way of practicing self-care, the importance of making yourself a priority, and share various self-care strategies that can be included in our everyday lives! Participants will be encouraged to practice self-care during the webinar as they are able. Participants will be given the opportunity to unmute their mics and contribute to the discussion. Register by Tues, Dec 7
Sponsored by Liza’s 42km #RollerbladeChallenge for Scarborough Women’s Centre

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 Have our Winter 2022 flyer delivered to your email inbox by signing up for our mailing list here.