COVID-19 Update
Building Strong Futures: Young Women’s Outreach program will continue to host online workshops for young women throughout the fall. We do hope that in the near future we will be able to offer some in-person services!

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.

Questions?
Please email our Project Coordinator Nadya Lim-Douglas at specialproject@scarboroughwomenscentre.ca or call 416-439-7111 ext. 104

All young women 14-21 are invited to participate in our workshops.
Monday October 4th 4:30-6 p.m.

The Real Deal on Intersectionality w/ Nadya Lim-Douglas
You may have heard the term "intersectionality" thrown around in a lot of spaces, but do you know where it came from? Do you know who coined the term? This workshop intends to explain intersectionality by exploring its roots.

Monday October 18th 4:30-6 p.m.

Consent Matters – Consent in Law and the Workplace w/ SHARE
Consent is both mandatory and complicated. Consent law in Canada evolved throughout the decades but where does the law stand right now? What strategies can you use to practice consent and assert boundaries in the workplace? Join us for this interactive webinar facilitated by SHARE to learn about: Consent law in Canada, the legal definition of workplace sexual harassment, pragmatic strategies to assert boundaries at work, and strategies to practice consent.

Monday October 25th 4:30-6 p.m.

Healthy Relationships & Safety w/ GBV Strides
Join the GBV team from Strides Toronto to learn about consent, healthy relationships and the "who, what, when, where, why's" of human trafficking. This will be an interactive session and questions are more than welcome.

CLICK HERE TO REGISTER
November

**Monday November 1st 4:30-6 p.m.**

*How to Create a Digital Vision Board Like a Pro w/ Nadya Lim-Douglas*
Vision boards are a great way to keep your goals in sight. In this workshop you will discuss how to set goals, the potential benefits of vision boards, and learn how to create a digital vision board using online platforms such as Canva. If possible, be prepared to follow along on your own screen during the workshop!

**Thursday November 18th 4:30-6 p.m.**

*Beyond 40 Hours w/ Volunteer Toronto*
Volunteer Toronto is Canada’s largest volunteer centre – helping to connect Torontians to organizations that need volunteer support. This session will look at how young people can find volunteer opportunities in the city that are meaningful and engaging. It will also introduce you to youth-led organizations that are currently making a difference in their communities.

**Thursday November 25th 4:30-6 p.m.**

*Job Hunting 101 w/ Nadya Lim-Douglas*
Finding your first job isn't always easy, especially if you are not sure where to look! In this workshop we will explore all the various job searching platforms and also share some important tips for landing your first job!

[CLICK HERE TO REGISTER]
**December**

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<tr>
<th>Date</th>
<th>Time</th>
<th>Event Name</th>
<th>Description</th>
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<tbody>
<tr>
<td>Thursday December 2nd</td>
<td>4:30-6 p.m.</td>
<td>Focus Group w/ Nadya Lim-Douglas</td>
<td>This time will be used for participants and those who may be interested in participating in Building Strong Future’s to offer their feedback and share any ideas and/or suggestions that they might have in order to improve the program!</td>
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<td>Thursday December 9th</td>
<td>4:30-6 p.m.</td>
<td>Building Your Self-Care Kit w/ Nadya Lim-Douglas</td>
<td>When life gives you lemons, do some self-care. Easier said than done, right? Well, it doesn’t have to be. In this interactive workshop each participant will learn how to build their own self-care “kit”, which will serve as a reminder to resort to self-care during stressful times.</td>
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<td>Thursday December 16th</td>
<td>4:30-6 p.m.</td>
<td>New Year New You w/ Nadya Lim-Douglas</td>
<td>It’s that time of the year again where people start to think about what resolutions they are planning to make for the new year! In this webinar we will discuss self-exploration, how to set goals, and how to stick to them!</td>
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[CLICK HERE TO REGISTER]