

SWC SERVICES FOR NEWCOMERS:

Connecting women with tools for success

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Scarborough Women's Centre delivers programs and services to promote positive change for women in a safe, inclusive and welcoming environment.



Newcomer Services

We offer confidential services linking women to support services and resources such as:

INFORMATION

- Information about community resources, including employment training, parenting, practical supports
- Legal referrals

EDUCATION

 Workshops and webinars on topics such as Well-being, Life Skills, Communication and Family Law

SUPPORT

- Counselling on issues related to wellbeing and emotional health
- MCIS (Multilingual Community Interpreter Services) available for counselling related to abuse
- One-to-One Mentoring Program
- Connection with women from a variety of backgrounds
- Support on strengthening family and parenting concerns

Serena's Story

"I came to Canada with my husband and children. While I was sponsored by a family member I still felt extreme culture shock. My lack of language skills caused me difficulty as I was unable to find work and could not communicate with my children's school.

Scarborough Women's Centre provided me with access to counselling which helped me to deal with the transition to my new life and the mentor and tutor helped me improve my English skills.

I was also able to meet other women in my community and forge new friendships..."

These services are made possible through the generous support of:

- The Government of Ontario
- The City of Toronto
- And other generous donors

Thank you!





EDUCATIONAL PROGRAMS

We provide workshops and information sessions for women, which provide options, support, life skills and information. These programs are offered in English.

Topics include: healthy relationships, financial planning, dealing with stress, building self-esteem, communication, self-advocacy and family law.



To register on-line, visit: www.scarboroughwomenscentre.ca/workshops/

COUNSELLING SERVICE

The Counsellor supports Newcomer women on a one-to-one basis, dealing with concerns including but not limited to:

- Well-being and emotional health
- Marital / family issues
- Roles of women in society
- MCIS (Multilingual Community Interpreter Services) interpreter provided for issues related to abuse
- Making plans to leave abuse, and recovering from abuse & violence



ONE TO ONE MENTORING

One-to-One Mentoring Programs are for women in life transition who are working toward specific goals. Each woman is matched with a trained supportive mentoring volunteer. They meet informally regularly, to help with:

- Increasing support systems
- Practicing conversational English*
- Offering emotional support

*For women who have already learned basic English



At Scarborough Women's Centre, we continue to support women through the COVID-19 pandemic. Our team is taking appropriate measures recommended by government and international agencies to social distance and work entirely remotely. Our physical office is closed to all volunteers and visitors, as staff continue to work remotely and virtually. We look forward to providing a mix of online and in-person services in the future.

In response to physical distancing restrictions, the Centre is offering webinars through the Webex Events or Meetings 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.

To access our services, and for more information, please contact us at (416) 439-7111 x 107 or email outreach@scarboroughwomenscentre.ca