



SUMMER 2022 WEBINAR SCHEDULE (JULY & AUGUST)

In response to the physical distancing restrictions SWC is offering webinars through the Webex Meetings or Events platform (depending on the sensitivity of the topic). 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 to join 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 **ON 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, if they wish. 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 **ONE WEEK'S** 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.

If you have any questions about real-time captioning, please contact Melissa Simas by email: program@scarboroughwomenscentre.ca or phone: 416-439-7111 x 103. Any other questions about webinars can be directed to outreach@scarboroughwomenscentre.ca or 416-439-7111 x 107.

TUES, JULY 12 & 19 - 1:00 TO 2:30 PM

BRAIN & BODY BASED PARENTING w/

Margaret Megitt - A two-part webinar on parenting/caregiving children under 12. Gain an understanding of attachment and how to support your child's emotional needs by learning parenting strategies which honour your relationship with your child and strengthens your child's resiliency. ***This is a 2 part webinar that runs on consecutive Tuesdays.*** This webinar will take place in a Webex Meeting room where participants will be given the opportunity to unmute their mics and contribute to the discussion, if they wish. **Register by Sun, July 10.** *Sponsored by Karen Doering Real Estate, Canadian Tamil's Chamber of Commerce*

TUES, JULY 12 - 7:00 TO 8:30 PM

BOOST YOUR IMMUNITY w/ Jasmin Jagpal

Learn about key nutrients to support and enhance your immune system. This webinar will teach you how to simply and easily prepare immunity boosting tonics and elixirs that can be stored in your fridge for a quick dose of healthiness that you can take at any time to improve wellness. This webinar will take place in a Webex Meeting room where participants will be given the opportunity to unmute their mics and contribute to the discussion, if they wish. **Register by Sun, July 10.** *Sponsored by Rotary Club of North Scarborough, Rotary Club of Agincourt*

TUES, JULY 19 - 7:00 TO 8:30 PM

BOUNDARIES BOOTCAMP w/ Onsia Ansari

Boundaries are essential for healthy relationships. Setting boundaries for yourself and honouring the boundaries of others isn't exactly a textbook science, but you can learn ways to take charge of your life. Whether you want to set clearer rules with your family or assert your space when it comes to strangers, here's how to get started! This webinar will take place in a Webex Meeting room where participants will be given the opportunity to unmute their mics and contribute to the discussion, if they wish. **Register by Sun, July 17.** *Sponsored by Tippet Foundation, GIVE Foundation*

THURS, JULY 21 - 1:00 TO 2:30 PM

FINANCIAL LITERACY w/ Jun Chen, RBC

This engaging webinar will help participants learn the basics of financial literacy. We will cover basic banking knowledge, budgeting, understanding credit and debt management, and how to protect yourself from fraud and save for the future. This webinar will take place in a Webex Meeting room where participants will be given the opportunity to unmute their mics and contribute to the discussion, if they wish. **Register by Tues, July 19.** *Sponsored by RBC, Claren Inc.*

We gratefully acknowledge the support of the Government of Ontario and the City of Toronto to make these programs possible.

TUES, JULY 26 - 1:00 TO 2:30 PM

CULTIVATING SELF-COMPASSION w/ Margaret Megitt - Self-compassion is the emotional attitude of bringing kindness to ourselves when we experience stress and challenges in life. Most of us easily treat our friends and loved ones with warmth, tenderness and patience when they struggle, but we have a much harder time bringing those same qualities of compassion to our own selves in the same situations. Learn about self-compassion, the benefits for your well-being and gain some practice techniques to use in everyday life. This webinar will take place in a Webex Meeting room where participants will be given the opportunity to unmute their mics and contribute to the discussion, if they wish. **Register by Sun, July 24.** *Sponsored by Scarborough Toyota*

TUES, JULY 26 - 7:00 TO 8:30 PM

KIDS & NUTRITION: PACKING A HEALTHY LUNCHBOX w/ Jasmin Jagpal - Help your kids with healthy learning and development so they can not only pay attention in class and regulate their mood but also get them involved to learn food basics in the kitchen. We'll learn how to pack a healthy lunchbox with simple foods, and which "healthy" labelled kids snacks in the grocery store to invest in and which ones to avoid. This webinar will take place in a Webex Meeting room where participants will be given the opportunity to unmute their mics and contribute to the discussion, if they wish. **Register by Sun, July 24.** *Sponsored by the students of the Thomas Wells PS EQUITY Team, Elementary Teachers' Federation of Ontario*

THURS, AUG 4 - 1:00 TO 2:30 PM

HOW TO GET THE MOST FROM YOUR HEALTHCARE APPOINTMENT w/ Dona Hird, Home and Community Care Support Services Central East - Health care appointments can be stressful for anyone. Research shows that people forget 50% of the information shared during an appointment. Join this interactive webinar to learn about tools and resources on how to prepare for your healthcare appointment, what to do when you are at your appointment, and what to do when you get home. This webinar will take place in a Webex Meeting room where participants will be given the opportunity to unmute their mics and contribute to the discussion, if they wish. **Register by Tues, Aug 2.** *This webinar is offered in collaboration with Home and Community Care Support Services Central East.*



TUES, AUG 9 - 1:00 TO 2:30 PM

INTRO TO FAMILY LAW w/ Cheryl Williams, Williams Family Lawyers - A family lawyer discusses topics like support, child custody, and other family law matters. This is an information session to equip you with basic knowledge on family law. **NOTE: We will not discuss detailed personal situations.** This webinar will take place in a Webex Meeting room where participants will be given the opportunity to unmute their mics and contribute to the discussion, if they wish. **Register by Sun, Aug 7.** *Sponsored by Williams Family Lawyers, Unifor Social Justice Fund & Unifor Local 6006*

THURS, AUG 11 - 1:00 TO 2:30 PM

POWERFUL TOOLS FOR CAREGIVERS: MANAGING STRESS w/ Dona Hird, Home and Community Care Support Services Central East - Join this interactive webinar to learn about tools that will help you to manage the daily stresses and challenges you face as a caregiver. This webinar will take place in a Webex Meeting room where participants will be given the opportunity to unmute their mics and contribute to the discussion, if they wish. **Register by Tues, Aug 9.** *This webinar is offered in collaboration with Home and Community Care Support Services Central East.*



Check our website in September for our Fall schedule!

Please save the date for our virtual AGM: Wednesday, September 28 @ 6:30 PM