

August 2022

Wednesday, August 3rd 4:30-6pm

How to Create a Digital Vision Board

Like a Pro

with Priscilla Arias

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.

Wednesday, August 10th 4:30-6pm

The Real Deal on Intersectionality.

with Priscilla Arias

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 and how we can learn to use our "intersectional lenses" in everyday practice.

Wednesday, August 17th 4:30-6pm

Healthy Relationships with Priscilla Arias

Let's talk relationships! What is the difference between a healthy relationship and an unhealthy one? How do you know you're in one? In this workshop, we will be discussing the key elements that help make a relationship healthy and how to spot the signs of an unhealthy relationship! This workshop will be a safe space to learn about the cycle of violence and abusive relationships.

Wednesday, August 24th 4:30-6pm

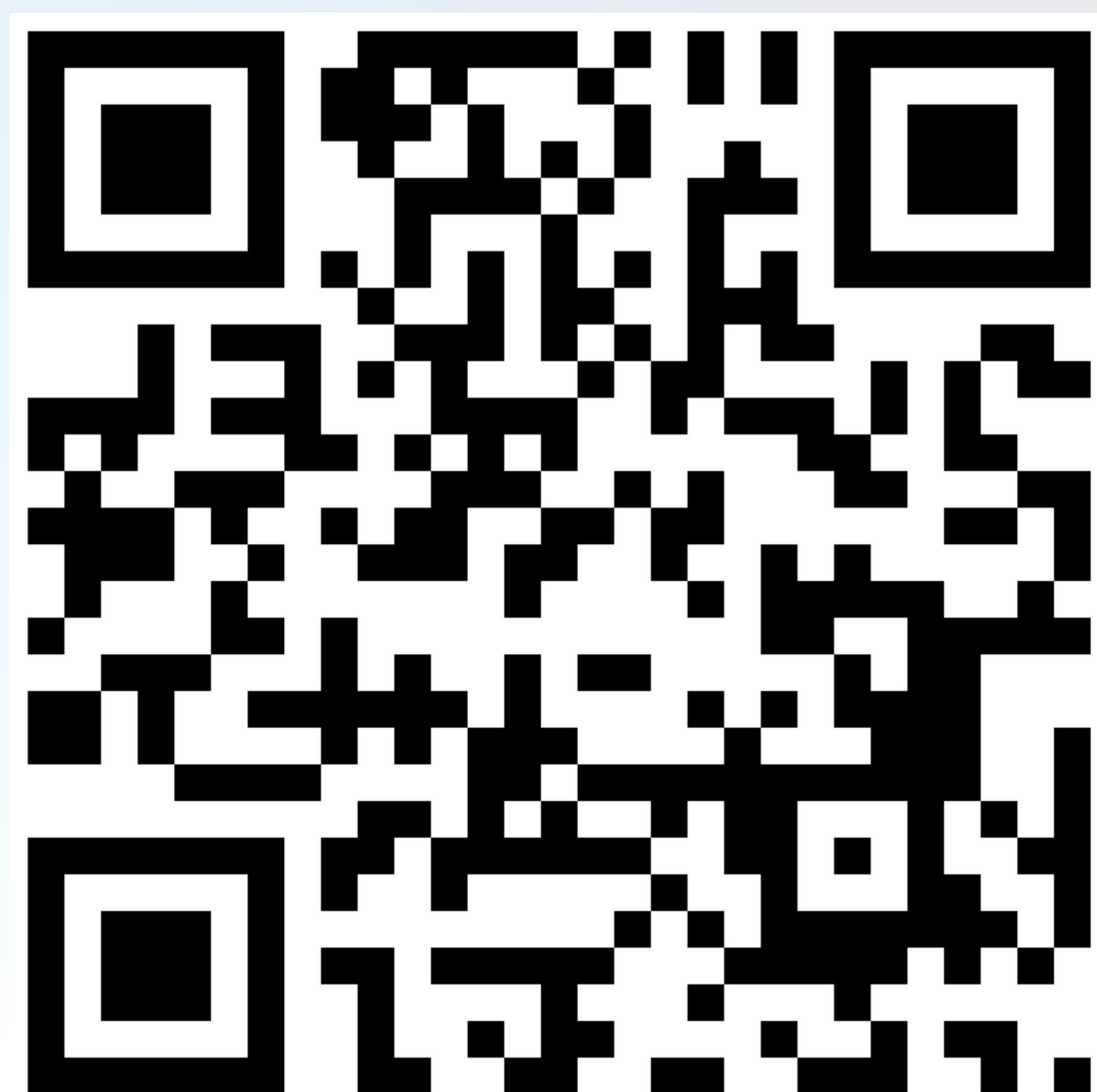
Everyday Journaling Practices for a Better You

with Rachel Brideau-Montoro

Did you know that journaling is a great way to practice self-care? Learn how daily or weekly journaling can help encourage positive self talk, goal setting, self-reflection, and how this practice can help unload your fears, worries, and concerns.

Register at:

www.scarboroughwomenscentre.ca/young-women/



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