

WINTER 2024 WEBINAR SCHEDULE (JANUARY)



SWC offers webinars through the Webex Meetings. 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.

If you have any questions about webinars, please call 416-439-7111 x 107 or email outreach@scarboroughwomenscentre.ca.

**WE GRATEFULLY ACKNOWLEDGE THE SUPPORT OF THE GOVERNMENT OF ONTARIO
AND THE CITY OF TORONTO TO MAKE THESE PROGRAMS POSSIBLE.**

TUES, JAN 23 - 1:00 - 2:30 PM

G.R.O.W. - A SELF-COACHING MODEL w/ Cindy Stradling - This interactive webinar has been designed to provide you with a practical coaching model to help coach yourself through difficult times. You will use the GROW Model of asking questions to help you discover your own answers to your day-to-day challenges. **Goal** – what will success look like? **Reality** – what is a realistic timeframe to achieve this goal? **Options** – what are my options? **What** is my next best action? We will build on these foundation questions to help you create a personal powerful process to help you stay focused and in action to achieve your goals. You will leave the webinar with your own personal step by step self-coaching process that you can use in your daily life. **Register by Sun, Jan 21.** *Sponsored by Ontario REALTORS Care Foundation*

THURS, JAN 25 - 7:00 - 8:30 PM

BEYOND BUBBLE BATHS: SELF-CARE THAT MAKES SENSE w/ Onsia Ansari - The dark days of winter combined with the post-holiday blahs can leave us feeling gloomy this time of year. If you're someone who struggles with genuine self-love and prioritizing your needs all whilst feeling low during the winter, this webinar is for you! **Register by Tues, Jan 23.** *Sponsored by Tippet Foundation*

TUES, JAN 30 - 1:00 - 2:30 PM

AFFORDABLE TECH THROUGH RCTO w/ Hafza Arshad, *Renewed Computer Technology of Ontario* - Renewed Computer Technology of Ontario (RCTO) is an organization that renews donated technology and makes it available to purchase at a reduced cost, making technology accessible to those who need it. Scarborough Women's Centre is partnering with RCTO, so that our service users have the opportunity to purchase laptop computers, desktop computers, and tablets with this program. Join us for this information session if you would like to learn more about the program and the ordering process. **Register by Sun, Jan 28.** *Sponsored by Andrew and Lynn Torres Foundation*

TUES, JAN 30 - 7:00 - 8:30 PM

THE MIDLIFE MIND: OUR BRAIN AS WE AGE w/ Dr. Manpreet Kaur - Women's hormones can affect our brains. The hormonal changes we experience as we age impact our brain health, especially during midlife. Join this webinar with neurologist Dr. Manpreet Kaur to learn more about these changes and how to best approach them. **Register by Sun, Jan 28.** *Sponsored by Malvern Onyx Lions Club*

Our February 2024 Webinar Schedule
will be available later in January. Be the
first to know when it's posted by signing up
for our email list [here](#).

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