



WINTER 2024

(January/February)



Tuesday January 23rd 4:30-6 p.m.

Healthy Friendships

Let's talk friendships! What is the difference between a healthy friendship 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 friendship healthy and how to spot the signs of an unhealthy friendship!

Tuesday February 6th 4:30-6 p.m.

Non-Consensual Image Sharing

Non-consensual image sharing, also known as "revenge porn," is a harmful act that can have devastating consequences on an individual's mental health, personal life, and reputation. This webinar will provide information on how to protect yourself, what to do if you become a victim, legal options, and resources available for support.

Tuesday February 27th 4:30-6 p.m.

Breakups 101

Let's talk heartbreak! In this webinar, we'll chat about what makes a breakup drama-free (or not-so-much) and share tips on to handle your feelings like a pro! This webinar will dive into how to breakup with someone, building your coping skills, personal growth tips, and practicing post-breakup resilience!

All self-identified young women ages 13-19 are invited to participate in our webinars!

Register at:

www.scarboroughwomenscentre.ca/young-women/



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THANK YOU TO OUR FUNDERS:

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