

WINTER 2024 WEBINAR SCHEDULE (FEBRUARY)



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, FEB 13 - 1:00 - 2:30 PM

UNDERSTANDING YOUR MEDICATIONS w/ Dona Hird, Home and Community Care Support Services Central East - Part of the Help with Your Health series to help you better manage your health. We will explore the following topics: Challenges with medications, Importance of medications, Tips on taking medication safely, Why a personal record of medication(s) is important, and How to simplify taking medications. **Register by Sun, Feb 11.** *Sponsored by Home and Community Care Support Services Central East, Karen Doering Real Estate*

TUES, FEB 13 - 7:00 - 8:30 PM

BREAKING BURNOUT w/ Onsia Ansari - Overworked and feeling over it? Burnout might have crept up on you. With the start of the new year, now is the time to take some proactive measures to support mental health. This workshop will take a hard look at burnout, walking through what it is; factors that contribute to it and solutions for addressing it sustainably. **Register by Sun, Feb 11.** *Sponsored by Royal LePage Shelter Foundation, Royal LePage Estate Realty*

THURS, FEB 15 - 1:00 - 2:30 PM

MINDSET AND TRANSFORMATION: THE BICYCLE OF LIFE w/ Kiran Shines - As human beings, we cycle through patterns of thoughts, emotions and action. By learning how to prioritize attention and energy to these cycles, we choose to consciously create a joyful experience of life. Adopting this mindset triggers transformation. Join us for an insightful session to ride the bicycle of life joyfully. **Register by Tues, Feb 13.** *Sponsored by Tippet Foundation*

THURS, FEB 15 - 7:00 - 8:30 PM

CO-PARENTING AFTER SEPARATION w/ Alix Nenniger - Join this webinar where we will discuss tools for self-care during difficult transitions; identifying, communicating, and maintaining appropriate boundaries with your co-parent; how to manage the impact of separation on children; communication strategies with your co-parent, along with additional considerations for separating parents who are engaged in family litigation. **Register by Tues, Feb 13.** *Sponsored by Centennial College School of Transportation*

You can support the mission of Scarborough Women's Centre by making a donation [here](#).

Want to be more involved? Become a member of Scarborough Women's Centre [here](#).



THURS, FEB 22 - 1:00 - 2:30 PM

THE BENEFITS OF MEDITATION w/ Anjum Karimi - Are you interested in the practice of meditation? Are you interested in learning how to incorporate meditation into your daily life? Join this webinar to find out about various types of meditation and the positive effect meditation can have on your well being. The session will end with the facilitator leading you through a guided meditation. **Register by Tues, Feb 20.** *Sponsored by Rotary Club of Agincourt, Rotary Club of North Scarborough*

TUES, FEB 27 - 1:00 - 2:30 PM

GOING BACK TO COLLEGE? SET YOURSELF UP FOR SUCCESS! w/ Lisa Jones - Are you considering returning to school after a long gap? Does the process seem intimidating? This webinar will offer you tools, insights, and practical knowledge to set you up for success. We'll chart your journey from choosing the right program and school, through the application and admission processes. We'll also explore financing, setting up supports, navigating the systems, and succeeding once registered. **Register by Sun, Feb 25.** *Sponsored by Canadian Federation of University Women-Scarborough Chapter, Elementary Teachers' Federation of Ontario*

TUES, FEB 27 - 7:00 - 8:30 PM

IMPROVING SELF-TALK WITH SELF-COMPASSION w/ Livia Bastos Souza - The power of questioning ourselves can lead us to better decisions and improve the quality of our lives and relationships. How we communicate with ourselves can have a great impact on our emotional and psychological wellbeing. Having a kind and compassionate voice towards ourselves can help us move from self-blame and an inner critical tone to a kinder and more supportive one. **Register by Sun, Feb 25.** *Sponsored by Ontario REALTORS Care Foundation*

THURS, FEB 29 - 1:00 - 2:30 PM

HOW TO START A SUCCESSFUL SMALL BUSINESS w/ Michelle Lochan (Afternoon Session) There are five important factors to consider before investing time and energy into your business idea. Participants will consider their readiness to commit to a business idea and gain an understanding of free resources that are available to make self-employment and entrepreneurship a viable source of income. **Register by Tues, Feb 27.** *Sponsored by Enbridge Fueling Futures Foundation*



Our March 2024 Webinar
Schedule will be available
in February.

Be the first to know when it's
posted by signing up for our
email list [here](#).