



SCARBOROUGH  
WOMEN'S  
CENTRE

# In-Person Workshops

APRIL 2024



## CO-PARENTING AFTER SEPARATION

In this workshop 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.

**Facilitator:** Alix Nenniger

**Date:** Saturday, April 13th, 2024

**Time:** 1:00 - 3:00 PM

**Location:** Toronto Public Library - Scarborough Civic Centre Branch - Meeting Room (156 Borough Drive)

**Please register by:** Thursday, April 11th, 2024

## INCREASE YOUR ASSERTIVENESS

Explore the meaning of confident, clear communication through awareness and practice. You will learn techniques to help you express your needs in a way that builds self-esteem while still respecting others.

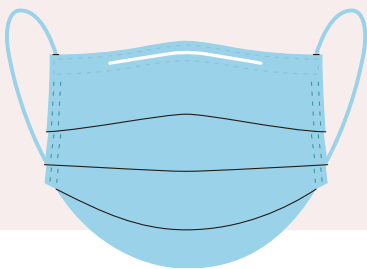
**Facilitator:** Susan Ludwig

**Date:** Saturday, April 27th, 2024

**Time:** 1:00 - 3:00 PM

**Location:** Toronto Public Library - Scarborough Civic Centre Branch - Meeting Room (156 Borough Drive)

**Please register by:** Thursday, April 25th, 2024



For staff and participant safety, **masks are required for all SWC workshops. If you do not wear a mask, you will not be able to participate.** If you do not have a mask, we are happy to provide you with a brand new, disposable mask for you to wear. If you're not comfortable wearing a mask, you're welcome to participate in one of our webinars.

Register for in-person workshops by filling out the form on our website [here](#), calling (416) 439-7111 x 107, or emailing [outreach@scarboroughwomenscentre.ca](mailto:outreach@scarboroughwomenscentre.ca).

You must register in order to attend in-person workshops, **no walk-ins are allowed**. Space is limited, so register today!

If you require any accommodations or support to participate in our workshops, please let us know when you register.

You can find directions to the library along with parking information [here](#).