

# SPRING 2024 WEBINAR SCHEDULE (APRIL)



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/](https://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](mailto:outreach@scarboroughwomenscentre.ca).**

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

**TUES, APR 9 - 1:00 - 2:30 PM**

**MANAGING STRESS FOR CAREGIVERS OF ADULTS WITH CHRONIC CONDITIONS w/ Debra McCarthy, *Home and Community Care Support Services Central East*** - This webinar will provide caregivers with self-care tools to manage the stress they experience while they taking what can feel like an overwhelming role as a caregiver. **Register by Sun, Apr 7.** *Sponsored by Home and Community Care Support Services Central East, Metcalf Foundation*

**THURS, APR 11 - 1:00 - 2:30 PM**

**PRACTICE KIND, TRIGGER TRANSFORMATION, CREATE POSSIBILITIES w/ Kiran Shines** Brace yourself! You are about to shatter negative relationship patterns that you have with yourself, boost your confidence and show up in courage in all aspects of your life i.e. love, health, wealth, and seize each moment of life on your terms, as an opportunity, as a possibility. Get set to experience a RECHARGE, regardless of doubts and fears you may currently have about this possibility. IT'S POSSIBLE! Explore your inner - wisdom, navigate healing & transformation, and discover how extraordinary you are from the inside out. BE INSPIRED, practice KIND, trigger transformation, create possibilities! **Register by Tues, Apr 9.** *Sponsored by Centennial College School of Transportation*

**THURS, APR 11 - 7:00 - 8:30 PM**

**THE CHOICE POINT: MOVING TOWARDS YOUR GOALS w/ Livia Bastos Souza** - In this webinar you will learn what a choice point is. It is a moment of decision that we all experience in our daily events, but also in major events in our lives as well. We will explore what are the things that motivate us toward the life we want to live, and the person we want to be – these are called “towards moves”. In other situations, some things move us away from the life we want to live, behaving unlike the person we want to be – these are called “away moves”. We will discuss how we respond to challenging situations in our lives, and how identifying our values, and notice the things that matters to us, and we care about can guide, inspire and motivate us to make more “towards moves” instead of “away moves”. By choosing to make “towards moves” we will focus on taking action to solve our problems and overcome difficult circumstances. **Register by Tues, Apr 9.** *Sponsored by Royal LePage Shelter Foundation, Royal LePage Estate Realty*



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](#).



**TUES, APR 16 - 7:00 - 8:30 PM**

**UNDERSTANDING TRIGGER POINTS w/ Onsia Ansari** - Something happens. A person says something to us. We read an email or message. All of a sudden, it's like a button has been pushed where we're grabbed by an intense emotional reaction. This workshop explores how triggers can catapult us instantly into highly emotional reactions, how to identify them and how to gently move towards better emotional resilience. **Register by Sun, Apr 14.** *Sponsored by Tippet Foundation*

**THURS, APR 18 - 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, Apr 16.** *Sponsored by Rotary Club of Agincourt*

**THURS, APR 18 - 7:00 - 8:30 PM**

**REFRAMING UNHELPFUL THINKING STYLES w/ Livia Bastos Souza** - In this webinar you will learn some strategies and techniques to rewire your thought patterns and change the way you approach the challenges you experience in your life. By reframing your thinking style, you will gain insightful tools and exercises to break free from negative thinking. Using some Cognitive Behavioural Therapy and Acceptance Commitment Therapy strategies you will learn practical tools to move from self-limiting beliefs and cultivate a mindset that focuses on possibility, curiosity, openness, exploration and growth. **Register by Tues, Apr 16.** *Sponsored by Ontario Realtors Care Foundation*

**TUES, APR 23 - 1:00 - 2:30 PM**

**CANVA 101 w/ Rachel Brideau-Montoro** - Join our webinar for an introduction to Canva! Learn how to use this user-friendly design tool to create stunning graphics. We'll cover the basics, from navigating the platform to designing eye-catching visuals. Whether you're a beginner or looking to up your design game, this webinar is for you! **Register by Sun, Apr 21.** *Sponsored by Elementary Teachers' Federation of Ontario*

We will be offering more webinars in the summer.

Be the first to know about them by signing up for our email list [here](#).

