



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.

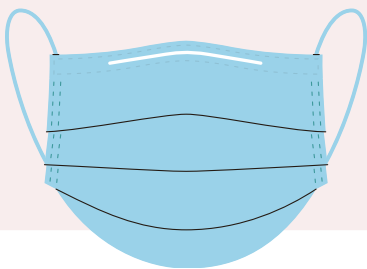
Facilitator: Susan Ludwig

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



Masks are no longer required to attend SWC in-person workshops, but they are still welcome. If you are worried about illness, wearing a mask is a good idea. We are happy to provide you with a disposable mask to use during the workshop. **If you are feeling ill, please stay home to avoid spreading anything to other participants.**

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.

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](#).