

The **Women's Empowerment Series** is a set of three skill-building programs. Weekly workshops are held in a supportive environment, with group discussions and interactive activities. Participants will gain skills and knowledge to move forward in their lives, while making connections with other women.

The **Women's Empowerment Series** focuses on:

- Building women's strengths and resiliency
- Strengthening personal power and self-confidence
- Promoting success in making positive change

Women's Empowerment Series: Asserting Ourselves

Asserting Ourselves is the third program of the three-part **Women's Empowerment Series**. Through **Asserting Ourselves**, participants will consider how they interact with others. They will learn skills to effectively communicate and assert themselves, with the opportunity to practice these skills with each other in a safe and comfortable space. The group will help women learn about healthy relationships while also exploring how to deal with difficult relationships and social situations.

REGISTRATION IS NOW OPEN FOR THE FALL 2017

THURSDAY: 2:30 PM – 5:00 PM

Sept 14th to November 9th, 2017

LOCATION: 116 Industry Street (Weston Rd & Eglinton)

INTAKE APPOINTMENTS BEFORE THE PROGRAM BEGINS ARE REQUIRED.
CALL NYWC AT [416-769-9775](tel:416-769-9775) TO SCHEDULE AN INTAKE APPOINTMENT.

Register by September 6th, 2017 to be guaranteed an intake appointment.
Intake appointments are available on:

Thursday, August 31st and Thursday, September 7th, 2017.

This program is **FREE**.

Talk to us about childminding and other accommodations available.

TTC will be provided to participants in need to access the program.



Want more information on NYWC?

Visit us at www.nywc.org



NYWC Programs are funded by the Ontario Women's Directorate and the City of Toronto