

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: Exploring Our Potential

Exploring our Potential is the second program of the three-part **Women's Empowerment Series**. In **Exploring our Potential**, participants will gain knowledge of themselves by exploring strengths, skills and identity. They will examine their individual needs, priorities and options. Tasks and activities will allow space for each participant to have "me time," while also encouraging women to share and learn from each other in a supportive environment.

REGISTRATION IS NOW OPEN FOR THE FALL 2017

MONDAYS: 12:00 PM – 2:30 PM

September 18th to November 20st, 2017

LOCATION: 344 John Street, Markham

INTAKE APPOINTMENTS BEFORE THE PROGRAM BEGINS ARE REQUIRED.

CALL "PARYA TRILLIUM FOUNDATION" AT 905-764-0202, Ext.201 TO
SCHEDULE AN INTAKE APPOINTMENT or NYWC AT 416-781-0479

Register by September 8th, 2017 to be guaranteed an intake appointment.

Intake appointment is available on:

Monday September 11th, 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

