

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 SPRING 2018 SESSION
THURSDAYS, 2:30 PM – 5:00 PM

APRIL 19 – JUNE 14, 2018

LOCATION: 116 Industry Street (Weston Rd & Eglinton Ave. W.)

INTAKE APPOINTMENTS ARE REQUIRED BEFORE THE PROGRAM BEGINS
CALL NYWC AT 416-781-0479 TO SCHEDULE AN INTAKE APPOINTMENT.

Register by March 30, 2018 to be guaranteed an intake appointment.
Intake appointments are available on:

Thursday, April 5 and Thursday, April 12, 2018

This program is **FREE**. Light refreshments will be provided.
Talk to us about childminding and other accommodations we can help with.
TTC will be provided to participants in need to access the program.

Want more information on NYWC?



Please visit us at www.nywc.org