

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 WINTER 2018 SESSION

WEDNESDAYS, 6:00 PM – 8:30 PM

JANUARY 24 – MARCH 21, 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 January 5, 2018 to be guaranteed an intake appointment.

Intake appointments are available on:

Wednesday, January 10 and Wednesday, January 17, 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

