

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: Discovering Our Power

Discovering our Power is the first program of the three-part **Women's Empowerment Series**. In **Discovering our Power**, participants will gain an understanding of difficult emotions and the affect they have on mental and physical well-being. They will identify personal strengths, learn coping strategies they can draw on in stressful situations, and build self-esteem and confidence. Using group discussions and interactive activities, participants will gain strength and knowledge to move forward while making connections with other women in a supportive environment.

REGISTRATION IS NOW OPEN FOR THE WINTER 2018 SESSION

THURSDAYS, 2:30 PM – 5:00 PM

JANUARY 25 – MARCH 22, 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:

Thursday, January 11 and Thursday, January 18, 2018

This program is **FREE**. Light refreshments will be provided.
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?



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