

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 STILL OPEN FOR SPRING SESSION

Spring session will be offered on

MAY 2- June 27, 2018 (9 Sessions)

WEDNESDAYS: 6:00PM – 8:30 PM

LOCATION: 116 Industry Street (Weston Rd & Eglinton)

INTAKE APPOINTMENTS BEFORE THE PROGRAM BEGINS ARE REQUIRED.

CALL NYWC AT **416-781-0479** TO SCHEDULE AN INTAKE APPOINTMENT.

THIS PROGRAM IS FREE

Talk to us about childminding and other accommodations available.

TTC tokens will be provided to participants in need .

Light refreshment will be provided



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Please visit us at www.nywc.org



Funded by the Ministry of the Status of Women and the City of Toronto