

## Women Empowerment Series: Discovering Our Power



### REGISTRATION IS STILL OPEN FOR SPRING SESSION

Program will be offered on

**MAY 1- JUNE 26, 2018 (Total 9 Sessions)**

**Every Tuesday: 2:30 PM- 5:00 PM**

**This Program is FREE**

#### Women will be able to understand

- How to handle difficult emotions
- Personal Strengths
- Coping Strategies
- Self-esteem
- Self-confident and
- Self-Empowerment

#### Location:

**150 Berry Road, Etobicoke, ON  
M8Y 1W3**

#### Other Services includes

- TTC token for those who is in need
- Light Refreshment

**For more info and registration please call Stonegate  
Community Health Center at 416-231-7070 ext. 307**

Or Visit us at [www.nywc.org](http://www.nywc.org) or [www.stonegatechc.org](http://www.stonegatechc.org)

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