

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 STILL OPEN FOR SPRING SESSION

Spring session will be offered on

May 3-June 28, 2018 (9 Sessions)

THURSDAY: 2:30 PM – 5:00 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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