

## Women Empowerment Series: Discovering Our Power



### REGISTRATION IS NOW OPEN FOR SUMMER SESSION

**July 3- August 28, 2018 (Total 9 Sessions)**

**Every Tuesday: 11:00 am-1:30pm**

Please Register by June 15, 2018

Intake Assessment: June 19 and June 26

**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:

Bangladesh Centre and Community Services (BCCS)  
2670 Danforth, Toronto, ON M4C 1L7.

#### Other Services includes

- TTC token for those who is in need
- Light Refreshment
- Child-minding (if necessary)

**For more information and registration, please call**

**BCCS @ 416-901-2121 or 647-708-2723**

**NYWC @ 416-781-0479 or visit [www.nywc.org](http://www.nywc.org)**