



Women's Empowerment Series

Asserting Ourselves is the third program of the three-part Women's Empowerment Series.

In this group, you will:

- Learn how to Interact with others
- Gain skills to effectively communicate and assert yourself
- Learn how to deal with difficult relationship
- Learn how to maintain healthy relationship

PROGRAM DATES

September 13 –November 8, 2018 (9 week)

TIME

Thursday Afternoon from 2:30pm-5:00pm

LOCATION

116 Industry Street (**Weston road and Eglinton area**)

REGISTRATION

Please call 416-781-0479 for registration
Intake: August 23 and August 30, 2018

416.781.0479 / nywc.org