



# 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

Delivered in partnership with



## PROGRAM DATES

**September 11 –November 6, 2018 (9 week)**

## TIME

Tuesday Afternoon from 12:00pm-2:30pm

## LOCATION

344 John Street Markham

## REGISTRATION

Please call 905-764-0202 ext: 201 OR

416-781-0479 for registration

Intake: August 28 and September 4, 2018

416.781.0479 / nywc.org

