



Women's Empowerment Series

Discovering our Power is the first program of the three-part Women's Empowerment Series.

In this group, you will:

- gain an understanding of difficult emotions and the affect they have on your wellbeing;
- identify your personal assets;
- learn coping strategies to draw on in stressful situations; and
- build self-esteem and confidence.

Group discussions and interactive activities will help you to create connections with other women, and gain strength and knowledge in a safe environment

Delivered in partnership with



PROGRAM DATES

July 3-August 28, 2018 (9 week)

TIME

Tuesday from 11:00am-1:30pm

LOCATION

2670 Danforth Ave, Toronto

REGISTRATION

Please call BCCS @ 416-901-2121 or

647-708-2723 or NYWC @

416-781-0479 for registration

Intake: June 19 and June 26

416.781.0479 / nywc.org

