



DISCOVERING OUR POWER GROUP

Discovering our Power

is one of three group programs of the *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.

This is a free program

Talk to us about childminding, TTC, and other accommodations.

PROGRAM DATES

Thursdays, February 7 – April 18, 2019

TIME


2:00 pm – 4:30 pm

LOCATION

116 Industry Street, Toronto ON M6M 4L8
one km north of Eglinton Ave W at Weston Rd

REGISTRATION

Call 416.781.0479 or email info@nywc.org
Intake dates: February 7 and 14, 2019

 nywc.org for other dates and times