



EXPLORING OUR POTENTIAL GROUP

Exploring our Potential

is one of three group programs of the *Women's Empowerment Series*.

In this group, you will:

- explore your strengths, skills and identity;
- examine needs, priorities and options for making positive changes in your life; and
- consider goals and steps that you can take to reach them.

Tasks and activities will allow space for you to have “me time” along with time to share and learn from other group members.

This is a free program

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

Delivered in partnership with

STONEGATE
Community Health Centre

PROGRAM DATES

Wednesdays, January 23 – April 20, 2019

TIME

2:00 pm – 4:30 pm


LOCATION

10 Neighbourhood Lane, Unit 201, Etobicoke
corner of Berry Road and Stephen Drive

REGISTRATION

Call Stonegate Program Registration
at 416.231.7070, ext. 307

Intake dates: January 14 and 15, 2019

 nywc.org for other dates and times