



# 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.

## PROGRAM DATES

Wednesdays, July 17 – September 11, 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](mailto:info@nywc.org)

Intake dates: July 3 and July 10, 2019

 [nywc.org](http://nywc.org) for other dates and times