



# ASSERTING OURSELVES GROUP

## Asserting Ourselves

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

In this group, you will:

- consider how you interact with others;
- gain skills to effectively communicate and assert yourself;
- learn how to effectively deal with difficult relationships and social situations; and
- learn how to maintain healthy relationships.

Conversation, group activities and making connections with other women will help you gain knowledge and communication skills that will help promote success.

### This is a free program

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

## PROGRAM DATES

Wednesdays, October 16 – December 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: October 2 and October 9, 2019

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