



# 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

Dates to Be Announced

## TIME

Time to Be Announced


## 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 to Be Announced

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