



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

Fridays, April 3 – June 5, 2020

TIME

1:00 pm – 3:30 pm


LOCATION

1651 Keele Street, Toronto ON M6M 3W2

REGISTRATION

Call 416.781.0479; 416-645-7575 ext. 2402 or email info@nywc.org

Intake dates: March 26 and March 27, 2020

 nywc.org for other dates and times