



## 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

Tuesday, April 7 – June 2, 2020

### TIME

10:00 am – 12:30 pm

### LOCATION


344 John Street, Markham ON L3T 5W6

Please note this program will be run in Farsi language

### REGISTRATION

Call 905.764.0202 or email [admin@parya.org](mailto:admin@parya.org) or 416.781.0479 or email [info@nywc.org](mailto:info@nywc.org)

Intake dates: March 24 and March 31

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