



Scarborough  
Women's  
Centre

# Fall Programs

September to December 2012

## MONDAY AFTERNOONS (1 to 3 pm)

### **INTRODUCTION TO FAMILY LAW - October 1st**

A family law lawyer will discuss legal issues regarding separation, divorce, child custody & access, mediation and finding a lawyer. There will be plenty of time for questions. **Free.**

### **BREAKING BARRIERS TO POST-SECONDARY EDUCATION with Melanie Holmes, Centennial College - October 15th**

Going to College should not be a scary thing. Come and learn about some of the programs and services available to you, whether you're thinking about going back as a mature student, or making plans for after high school. **Free.** Sponsored by Centennial College

### **FINANCIAL AID FOR POST-SECONDARY EDUCATION with Scherry George, Centennial College - October 22nd**

Whether you're a mature student or just starting to plan for after high school, this workshop will help calm your fears about securing financial aid for your post-secondary education. **Free.** Sponsored by Centennial College

### **SETTING GOALS EFFECTIVELY with Janet Simpson - October 29th**

Learn to create and manage your goals by dividing your time using the clock. These simple principles can help you accomplish your goals without failure and gain a sense of independence. **Free** (\$5 suggested, or donate what you can). Sponsored by Brumara Foundation

### **MOVING FORWARD with Vivienne Kendry - 4 Mondays - November 5th to 26th**

The end of a relationship can be traumatic, painful and/or frustrating. Moving Forward is a four-session support group designed to explore a positive, exciting and creative path to a new beginning. **Free** (\$20 suggested, or donate what you can). Sponsored by J.P. Bickell Foundation

### **MASTERING CHANGE with Darlene Montgomery - December 3rd**

With every traumatic change or loss there is a gift of growth and new awareness. Discover ten major keys to navigate through change, so you can move forward to a life more in harmony with your authentic self. **Free** (\$5 suggested, or donate what you can). Sponsored by Niroma DeZoysa, Nadia Taylor & Stacey Grammick

## MONDAY EVENINGS (7 to 9 pm)

### **HEALING YOUR HEART FROM GRIEF with Janet Simpson - October 1st**

We all deal with grief differently. For some, it can be all-consuming, sometimes for many years. Whatever stage of the grieving process you're in, this workshop offers a safe space to open up and talk about your feelings. **Free** (\$5 suggested, or donate what you can). Sponsored by Claren Inc.

### **EFFECTIVE PARENTING with Vivienne Kendry - 3 Mondays - October 15th to 29th**

Moms face many issues raising children from toddlers to teens. Explore positive approaches to alleviating daily pressures such as self-care for moms, outlets for children including play groups, creating spaces for expressing anger and frustration, and exploring local community resources. **Free** (\$15 suggested, or donate what you can) Sponsored by Blanco Canada & CBA Management

Please note that pre-registration is required for all programs. See inside for more...



2100 Ellesmere Rd., Suite 245 Scarborough, ON M1H 3B7  
Phone: 416-439-7111 Fax: 416-439-6999  
Email: [adminassist@scarboroughwomenscentre.ca](mailto:adminassist@scarboroughwomenscentre.ca)

## **MONDAY EVENINGS (7 to 9 pm)**

### **REMODELLING YOUR LIFE with Darlene Montgomery - 5 Mondays - Nov 5th to Dec 3rd**

In five weeks, you will learn how to let go of the automatic roles you've played in your life or being in a co-dependent system where love was given conditionally. Discover who you really are and how to truly be the authentic you in every area of your life. **Free** (\$25 suggested, or donate what you can). Sponsored by Alana Hunt, Christine Miranda, Annisa Mohammed, Neeti Sharma and Cindy Tan

## **TUESDAY EVENINGS (7 to 9 pm)**

### **FIRST IMPRESSIONS with Alyssa Muzaffar - October 2nd**

Learn to choose and personalize your accessories according to your personality, facial shape and body type, and wear them to suit YOU! **Free** (\$5 suggested, or donate what you can). Sponsored by Nan & Bill Kosowan and Woodside Square

### **PERSONAL POWER with Helen Ziral - 2 Tuesdays - October 16th and 23rd**

This power is not about manipulating, dominating or controlling others; self-empowerment is about directing and mastering your own life. Learn to see mind, body and spirit clutter as a hindrance to manifesting self-empowerment. Explore strategies to uncover the strength within as you tap into your *inner* self. **Free** (\$10 suggested, or donate what you can). Sponsored by Marcela Kupfer and Judit Marincan

### **FROM VICTIM TO VICTOR with Darlene Montgomery - October 30th**

Moving from victim to victor means getting out of a comfort zone where things happen to you, to where you make things happen. Learn to understand the ways the victim has embedded itself in your life and discover how to take positive action by overcoming fears and self-doubt. **Free** (\$5 suggested, or donate what you can). Sponsored by David Pauli and Royal Canadian Legion Branch 73

### **BALANCING ACT with Vivienne Kendry - November 6th**

Whether you're managing a family, facing personal challenges or struggling with difficult life choices, chances are stress is a factor in your life. Uncover new ways to alleviate stress in order to achieve balance in your life. **Free** (\$5 suggested, or donate what you can). Sponsored by Westbury National Show Systems and Mastermind Toys

### **STRONGER AND HEALTHIER YOU with Gabriella Puschel - 2 Tuesdays November 20th and 27th**

You need a strong mind and a healthy body to accomplish your goals. Discover the foods that can affect your mental strength, and create a healthy meal plan that will increase your metabolism and improve your quality of life. **Free** (\$10 suggested, or donate what you can). Sponsored by Suzanne Gibson, Meenu Khanna, Denise Lobo-Pryce and Roslyn Shields

### **HOLIDAY DREAD with Vivienne Kendry - December 4th**

As we approach the holiday season, we are often filled with a mix of hope and dread. Stress levels run high as we try to make preparations while ensuring everyone gets along. In this workshop, we will discuss how to practice self care, and explore ways of finding peace and calm to help make the holiday season an enjoyable one. **Free** (\$5 suggested, or donate what you can). Sponsored by Shoppers Drug Mart, 2301 Kingston Rd.

## **THURSDAY EVENINGS (7 to 9 pm)**

### **BUILDING BLOCKS with Darlene Montgomery - 4 Thursdays - September 27th to October 18th**

What would your ideal self look like? In this four-week course, you'll learn to let that true self come forth when you embrace and believe the words, "I am enough," "I accept myself just the way I am," "I trust my inner guidance." **Free** (\$20 suggested, or donate what you can). Sponsored by The McLean Foundation

### **BUILDING SELF-ESTEEM with Vivienne Kendry - 4 Thursdays - Oct 25th to Nov 15th**

Self-esteem is essential to feeling good about ourselves and trusting our decisions. Learn how to enhance this important aspect of who we are, and how to apply decision-making techniques that can last a lifetime in this 4-week course. **Free** (\$20 suggested, or donate what you can). Sponsored by Lynn Fournier-Ruggles, Heidi Johnson and Penelope Stuart

## **THURSDAY EVENINGS (7 to 9 pm)**

### **DEALING WITH DEBT with Natasha McKenna - November 22nd**

This interactive workshop looks at credit, personal debt and a range of repayment strategies. Learn about the your rights and responsibilities when dealing with creditors and collection agencies. Gain strategies and resources for managing debt, and create personal goals for managing and reducing debt. **Free.** Sponsored by Dundee Wealth Management

### **INTRODUCTION TO MONEY MANAGEMENT with Pat Wenzel - November 29th**

Get an overview of the money management process in this informative two-hour workshop. Topics discussed include completing and living within a budget, savings vehicles and the hierarchy of savings, and consumer awareness tips including avoiding telephone scams and identity theft. **Free** (\$5 suggested, or donate what you can). Sponsored by Tara George & Chris Atkinson, Elaine Dandy and Evelyn Hill

## **SATURDAYS (10 am to 3 pm unless otherwise noted)**

### **MARKETING & CREATING A PERSONAL BRAND w/ Susan Sommers - September 29th (10 am to 1 pm) \*Note Time\***

Branding helps to increase recognition and credibility, build trust, generate revenue, encourage media coverage and achieve success. This interactive workshop provides a systematic, strategic plan for making your company a recognizable brand to current and potential clients, partners, stakeholders, suppliers, the local and national community, and the media. **Free** (\$15 suggested, or donate what you can). Sponsored by J.P. Bickell Foundation,

### **CONNECT WITH YOUR INNER SELF with Niroma DeZoysa - October 13th**

Learn to tap in to your wisest self—your inner self—and seek positive guidance in your daily life. Discover the true personal power you possess. Live the life you are truly meant to live simply by discovering your true gifts and abilities. **Free** (\$25 suggested, or donate what you can). Sponsored by Mary & Arthur Heinmaa

### **EFFECTIVE ETIQUETTE FOR PERSONAL & PROFESSIONAL LIFE with Farah Ali - October 20th**

Gain knowledge and practical experience to conduct yourself effectively using appropriate body language in different situations. Benefits include increased confidence, better skill set to act appropriately in situations, familiarity with Canadian culture and improved ability to manage personal and work relationships. **Free** (\$25 suggested, or donate what you can). Sponsored by Royal LePage Estate Realty & Royal LePage Shelter Foundation

### **SELF LOVE & SELF CARE with Niroma DeZoysa - October 27th**

Loving and and taking care of ourselves is not selfish, but essential for our own wellness. Discover how putting yourself on the map of your own life isn't selfish, but essential to your own wellness. When we are "here" for ourselves then we can fully be "there" for others. **Free** (\$25 suggested, or donate what you can). Sponsored by Canadian Federation of University Women, Scarborough Chapter and Wilhelmina Kosowan

### **TOOLS FOR GROWING HEALTHY RELATIONSHIPS with Darlene Montgomery - November 10th**

Learn the art of discernment, boundaries and clear communication. Tap into your core beliefs and choose new, healthy ones so that you can recognize the signs of unhealthy patterns. Learn to set goals which will ensure you will be in charge of your future relationships. **Free** (\$25 suggested, or donate what you can). With a special educational grant from Eli Lilly Canada

### **WOMEN'S SEXUALITY with Vivienne Kendry - November 17th**

This full-day workshop offers a safe place for women to talk about their bodies, and how they change internally and externally over time, particularly during menopause. **Free** (\$25 suggested, or donate what you can) Sponsored by Kathryn McKechnie and Irene Rey

Please note that pre-registration is required for all programs

*See back cover for more workshops...*

## **SATURDAYS (10 am to 3 pm)**

### **TOOLKIT FOR SUCCESS with Gabriella Puschel - November 24th**

Get the tools to take you from effectiveness to greatness! Discover your voice, then learn to express yourself with it. Improve your self-esteem and implement and maintain an action plan to achieve your goals. **Free** (\$25 suggested, or donate what you can). Sponsored by Larry Kosowan's Hair Cut & Shave Fundraising Event and Ontario Public Service Union Local 582

### **RELATIONSHIP RESCUE with Vivienne Kendry - December 1st**

Examine the different relationships in your life. Gain insight into how to attract healthier personal and professional relationships, and discover the tools you need to make positive changes. **Free** (\$25 suggested, or donate what you can). Sponsored by TD Bank Group

## **REGISTRATION INFORMATION**

### **IMPORTANT – YOU MUST PRE-REGISTER TO ENSURE YOUR PLACE!**

- All programs are FREE (donations welcome), and are held at the Centre unless otherwise noted.
- A minimum number of registrants is necessary for a program to proceed.
- If you have any special needs or a disability we should consider, please let us know.
- You will receive a reminder call or email 1 to 2 days prior to the start of the program. Please ensure we have your correct contact info, and confirm that it is safe to leave a message.
- Handouts will not be provided to those who do not attend the workshop.
- Feel free to bring a pen and paper along with you to take notes.



**Phone:** (416) 439-7111



**Mail:** Cut off registration form below and mail in



**Walk-in:** Monday to Thursday 9am-5pm; Friday 9am-4pm



**E-mail:** [adminassist@scarboroughwomenscentre.ca](mailto:adminassist@scarboroughwomenscentre.ca)



**Website:** [www.scarboroughwomenscentre.ca](http://www.scarboroughwomenscentre.ca) (download form and mail or fax in)



**Fax:** (416) 439-6999 (cut off registration form below and fax in)

#### **Directions: Driving:**

Taking 401 - Exit at Markham Road, go south on Markham Road. Turn right in driveway before Ellesmere Road. Free parking is available.

#### **Public Transit (TTC):**

From Scarborough Town Centre take the *Neilson 133* bus to Markham Road, or the *Highland Creek 38* bus to Markham Road. From York Mills Station (Yonge subway line) take *York Mills 95B, 95D or 95F* bus to Markham Road. From Warden Station (Bloor subway line) take any *Markham 102 (except 102S)* bus to Ellesmere Road.

**FALL 2012 REGISTRATION** - Please return this form for programs and workshops you plan to attend.

Name: \_\_\_\_\_ Phone # \_\_\_\_\_ Email address: \_\_\_\_\_

Enclosed is my donation of \$ \_\_\_\_\_, payable to Scarborough Women's Centre. Visa/MasterCard # \_\_\_\_\_

Expiry Date \_\_\_\_/\_\_\_\_ Total Amount \$ \_\_\_\_\_ Signature \_\_\_\_\_ Name on Card \_\_\_\_\_

**Please call our office (416) 439-7111 if you are unable to attend, to help us ensure that no one remains on a waiting list.**

Course Name(s): \_\_\_\_\_

I would like to receive a membership information package

**Scarborough Women's Centre is a charitable organization - 10795 9660 RR001**