

## WINTER PROGRAMS

### Evening Groups

#### ○ Building Self-Esteem

**Mondays, Feb 1 – Mar 15, 7:00 – 9:00pm**

This is a supportive group for women who want to explore issues of self-esteem. By looking at what impacts our self-esteem, we will work together towards accepting ourselves.

#### ○ Assertiveness

**Wednesdays, Jan 13 – Feb 17, 7:00 – 9:00pm**

This program addresses low self-esteem and its effects on assertiveness. Through discussion and role-play, you will be encouraged to develop effective strategies to becoming empowered.

#### ○ New Directions

**Wednesdays, Jan 20 – Mar 10, 6:30 – 8:30pm**

A peer-led, 8-week support group for women who are coping with the breakdown of an intimate relationship, such as a separation or divorce. The group is geared towards helping women move on as they transition into a new phase.

NOTE: Enrolment is limited, so register early.

Intake interview required

#### ○ Stress to Strength

**Thursdays, Jan 14 – Feb 18, 7:00 – 9:00pm**

This group offers women a holistic approach to dealing with stress and to look at the sources of stress in our lives. With greater awareness and practical tools, we will work towards coping with stress and being more effective in your life.

#### ○ Healthy Relationships

**Thursdays, Feb 25 – Apr 1, 7:00 – 9:00pm**

What does a healthy relationship look like? Relationships come in all shapes and sizes. Take this opportunity to discuss and explore how you can build healthier relationships in your life.

#### ○ University Bridging Course

**Information & Registration: Thurs, Feb 4**

**Thursdays, Feb 4 – Apr 29, 6:30 – 9:30pm**

**Cost: \$150 + books (payable to York University by cash only; limited enrollment)**

Presented in partnership with the School of Women's Studies at York University, this non-credit course focuses on the experience of contemporary women as reflected in novels, essays and articles. It provides orientation and information on university study. Participants must be 21 years or older, permanent residents of Ontario and comfortable in both written and spoken English. Grades of B or higher offers admission to Atkinson or Glendon College.

### Daytime Groups

#### ○ Sharing Stop-Over (Drop-In)

**Thursdays, Jan 7 – Mar 25, 1:00 – 3:00pm**

This is a drop-in group for women who want to talk with other women about whatever they are feeling. Commitment to a certain number of sessions is not needed, but registration is required.

### Weekend Groups

#### ○ Exploring Your Emotions through Art

**Saturdays, Jan 23 – Feb 27, 12:00 – 2:00pm**

This is a peer support group open to any woman who may find it beneficial to express herself creatively. The format is based on creatively expressing the topic of the day. No art experience or talent is required.

#### ○ Reclaiming Yourself After Abuse

**Saturdays, Mar 6 – May 15, 7:00 – 9:00pm**

This is a support group for women who have experienced abuse at any time their lives. The group gives women a safe and supportive environment to discuss issues related to abuse, provides opportunities to discuss its impact and effects and explores coping strategies.

## Satellite Programs

#### ○ Women on the Move

**Location: Falstaff Community Centre**

**Mondays, Wednesdays, Fridays**

**Jan 11 – Mar 12, 9:00 – 11:00am**

Presented in partnership with Falstaff Community Centre & Doorsteps Neighbourhood Services, this is a chance for women of all ages and abilities to take part in a women's only weight room and fitness class. Join at any time by registering in person at Falstaff Community Centre or calling 416-395-7924. Please call Patricia at 416-241-9430 to confirm availability of childminding.

#### ○ The Women's Place at Flemington

**School Age and Family Centre**

**Wednesdays, Jan 13 – Mar 3,**

**12:45 – 2:45 pm**

Presented in partnership with Flemington School Age & Family Centre, here's a chance for women to get together and talk about the things that matter to them. We will have guest speakers on the topics that interest you and a little bit of exercise too. Call 416-429-6194 to register.

#### ○ Women's Circle at Bathurst-Finch

**Action for Neighbourhood Change**

**2<sup>nd</sup> Monday of every month, Jan 11 – Mar 8**

**Location to be determined, 6:00 – 8:00pm**

In partnership with New Heights, Bathurst-Finch ANC, this women's discussion group takes place monthly and is open to all women living in the Bathurst-Finch neighbourhood. To enquire about location, eligibility and to register please contact Julia or Victoria at 647-436-0385.

## CORE SERVICES

### Information and Referral

NYWC provides free, confidential information and referral from 10:00am – 4:00pm, Monday through Thursday. Telephone us or drop in to talk, find out what services are available or register for one of our programs. Our staff and volunteers are here to listen, share information, and link you to other services or resources.

### Women's Legal Clinic by appointment only

On Tuesday evenings, NYWC runs a family law legal clinic for low-income women who do not already have a lawyer. You can register for a private, half-hour session with a female lawyer who can give advice and guidance on domestic violence, custody/access and child support. Please note that we can only give very general advice on divorce, spousal support and property division, and cannot fill out forms for you.

### ALL PROGRAMS ARE FREE

NYWC strives to ensure all women have access to our programs. When calling to register, please let us know if you need child minding, have any accessibility requests or have financial challenges with travel to and from groups. Please register as early as possible to secure your spot. If you find you cannot attend, please call to cancel.

Tel: 416-781-0479 E-mail [info@nywc.org](mailto:info@nywc.org)

Program information and online  
registration is available at:

[www.nywc.org/programs](http://www.nywc.org/programs)

## HOW YOU CAN HELP

NYWC is able to provide free programs and services thanks to the generosity of its members, donors, volunteers and funders. Please consider adding your support to keeping the doors open.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

I would like to help keep NYWC programs free. Enclosed is a cheque for:  
 \$100  \$50  \$25  Other \$\_\_\_\_\_

I prefer to make a monthly donation of:  
 \$10  \$8  \$5  Other \$\_\_\_\_\_

I have enclosed a void cheque/account info

I support NYWC's mission and would like to be a member:  
 My \$10 membership fee is enclosed  
 My fee is included in my donation

I want my donation to remain anonymous

**Donations can also be made on-line at [www.nywc.org](http://www.nywc.org) or [www.canadahelps.org](http://www.canadahelps.org)**

NYWC respects your privacy, protects your personal information and adheres to all privacy-related legislated requirements. We will keep you informed and up-to-date on programs, events and opportunities to support NYWC. We do not rent, sell or trade our mailing list. If at any time you wish to be removed from our mailing list, please call 416-781-0479 or email [info@nywc.org](mailto:info@nywc.org).

Please do not add me to your mailing list

## OUR MISSION

***NYWC is a community of diverse women providing resources and support to effect positive change. We deliver this in a safe, inclusive and welcoming environment for all women in the community of North York and surrounding areas***

North York Women's Centre is a registered charity that has been providing community-based support services for women for 20 years. Programs and services are delivered in a safe, supportive space where women can voice their concerns, share experiences, gain information and learn skills in the company of other women.

The North York Women's Centre is committed to being accessible to all women.

We gratefully acknowledge support from:

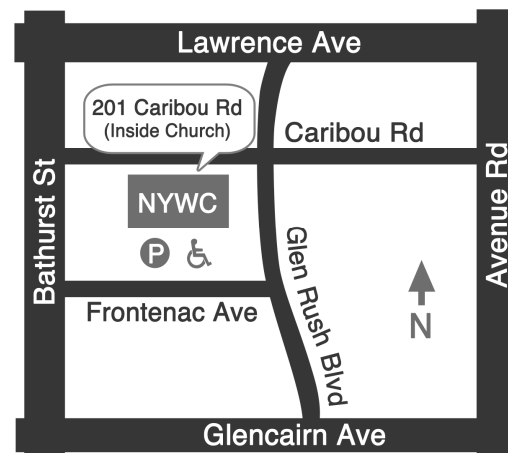
- The Government of Ontario through the Ontario Women's Directorate
- The City of Toronto through
  - Community Service Partnerships; and
  - Minor Recreation Investment Program
- Canadian Women's Foundation through a Violence Prevention Grant
- Human Resources Skills Development Canada through Canada Summer Jobs
- TD Financial Group
- Church of St. Philip the Apostle
- The many committed individuals who give their time and resources

Charitable Registration No. 14026 3010 RR0001

## HOW TO FIND US

The NYWC is located at **201 Caribou Road**. Caribou Road is one traffic light south of Lawrence Avenue West, on the east side of Bathurst Street. Look for the big glass doors.

**Note:** Some programs take place off site.



### BY TTC:

Lawrence Stn: #52 bus westbound to Bathurst St. Walk 2 blocks south to Caribou Rd.

Lawrence West Stn: # 52 bus eastbound to Bathurst St. Walk 2 blocks south to Caribou Rd.

Bathurst Stn. #7 bus to Caribou Rd. If travelling south, get off at Dell Park and cross Bathurst St.

### BY CAR:

From Hwy 401: take the Allen Rd exit south to Lawrence Ave; turn left and travel east to Bathurst Street; turn right (south) on Bathurst St.; make the second left onto Caribou Rd. Parking is in the driveway behind church or in the parking lot at the back of the church, accessible via Frontenac Ave.

### OFFICE HOURS

Monday - Thursday 10:00am – 4:00pm  
 \*Programs may occur at other times\*



Opening doors for women

# North York Women's Centre

**WINTER 2010**

Programs and Workshops

**201 Caribou Road  
 North York, Ontario  
 M5N 2B5**

**tel: 416-781-0479  
 fax: 416-781-3822**

**e-mail: [info@nywc.org](mailto:info@nywc.org)**

**Program information available at:  
[www.nywc.org](http://www.nywc.org)**

**Charitable Reg # 14026 3013 RR0001**