

Women supporting women. Linking women to community services.

What is Women's Place?

Women's Place is a vibrant women's only space, where an energetic team of staff and trained volunteers provide information, self-help resources, wellness techniques and programs on a range of topics that affect women.

Programs & Services:

- Information & Referral Counselling
- Community Resources
- Employment & Resume Support
- Housing Support
- Legal Support Referrals
- One-on-One Appointment
- Workshops & Seminars (*Health & Wellness, Life Skills, Professional & Personal Development*)
- Computer/Internet Access
- Local Faxing & Photocopying (fee may apply)

Women's Place Hours

MON 9 a.m. to 5 p.m.
TUE 9 a.m. to 7 p.m.
WED 9 a.m. to 5 p.m.
THU 9 a.m. to 4 p.m.
FRI 10:00 a.m. to 4 p.m.
SAT 9:30 a.m. to 12:00 p.m.

Locations

90 Littles Road Scarborough, ON M1B 5E2
1321 Neilson Road Scarborough, ON M1B 3C2
Tel 416.284.4184 Tel 416.281.1376
Fax 416.293.1997
Web www.mfrc.org or womplace@mfrc.org



SUMMER 2017

What's Happening

WOMEN'S PLACE

Women's Place Lounge Program Highlights

See Program Schedule for dates and locations

Tea Time Tuesdays: Women can drop by and enjoy a cup of cold iced tea and find out more about Women's community resources, social, and educational programs, workshops and support groups.

Women's Place Showcase: Come to Women's Place Lounge for light refreshments. You can meet the staff, learn about resources in the community and register for groups and programs.

OUR PROJECTS:

NEW PROJECT!

Enable ACCESS is addressing gendered systematic barriers for women with physical disabilities. We need volunteers for Research, Workshop Facilitation and Steering Committee members. Contact Jasmeen at; jchandi@mfrc.org or call at ext. 240

INCLUDED PROJECT:

Connecting diverse women with disabilities. The INCLUDED project is working on surveys and focus groups for the Fall Symposium. Get involved in the project by submitting a survey or coming out to our Art Therapy program.

For new programs, check out our program schedule!

Programs and services may be subject to closure without notice.

MFRC Closures:
CLOSED: July 1, 3, Aug. 5, 7

Strengthening Families is our Business!



Malvern Family Resource Centre Women's Place Program Schedule | July to August 2017

MON	TUE	WED	THU	FRI	SAT
<p>South Asian Legal Clinic of Ontario Free legal advice. 90 Littles Road 9 a.m.-12 p.m. (1st & 3rd Mondays)</p> <p>Women's Wellness Make friends while discussing emotional, physical and mental health issues. 1321 Neilson Road (lower level) 1-2:30 p.m.</p>	<p>NEW!!! Tea Time Tuesdays Drop by and enjoy a cup of cold iced tea and find out more about Women's community resources, social, and educational programs, workshops and support groups. 90 Littles Road Women's Place Lounge 10 a.m.- 12 p.m. July 11-August 29</p> <p>NEW!!! Healthy Living Series Join us in a supportive team environment where we walk, talk and sample healthy foods. Taking small steps that lead to a healthier lifestyle. 1321 Neilson Road (lower level) 11 a.m. -12:30 p.m. July 11 - August 29</p> <p>Close Knit Circle Knitters and crocheters of all skill levels welcome! 1321 Neilson Road (lower level) 1-3 p.m.</p>	<p>Lunch and Learn: Women's Support Group 90 Littles Road 11 a.m. - 12:30 p.m. (July 12, August 9)</p> <p>NEW!!! Included Creative Arts: This is a 12 week expressive art therapy program for women with disabilities. 90 Littles Road 11 a.m. - 12:30 p.m. (May 17- July 26)</p> <p>Housing Support (Drop In) A service available to women who are seeking assistance in securing and maintaining housing. 1321 Neilson Road (lower level) 2-5 p.m.</p>	<p>Let's Discuss It (Tamil) Meet new people through lively conversation and activities. 1321 Neilson Road (lower level) 9:30 -11 a.m.</p> <p>NEW!!! Women's Place Showcase 90 Littles Road Program Room A/B 11:30 a.m.-12:30 p.m. (July 13, August 10)</p> <p>Employment Services 90 Littles Road 1- 3 p.m. (July 6, August 4) By appointment only</p> <p>INCLUDED Social 90 Littles Road Program Room A & B 1:30-3 p.m. (July 6, August 3, 10, 31)</p>	<p>Housing Support (Drop In) A service available to women who are seeking assistance in securing and maintaining housing. 1321 Neilson Road (lower level) 9 a.m.-1 p.m.</p> <p>NEW!!! Money Matters Series 90 Littles Road Program Room B A financial literacy program. Date and time to be announced.</p> <p>Creative Women: Come and join us in making simple homemade DIY projects! (Practice and design your own henna, candle art, meals in a jar and etc.) 90 Littles Road Program Room B 1-2:30 p.m.</p>	<p>NEW!!! Self-Care Saturdays Women will experience a time of rest and relaxation. This group will focus on meditation and mindfulness exercises and take home some self-care tips. 90 Littles Road Board Room 10 - 11:30 a.m. (July 15, August 12) Free child minding available. Pre-registration is required.</p> <p>INCLUDED Social 90 Littles Road Program Room A & B 11:30 a.m.-1 p.m. (July 22, August 19)</p>
<p>INCLUDED Survey Help us understand the needs and challenges of women with disabilities in North-East Scarborough. This survey is for women with disabilities and caregivers. To complete the survey go to: http://goo.gl/LACxA2 or contact Women's Place for print version</p>					

All programs **require registration** except Close Knit Circle, Computer Lab Drop In and Women's Place Drop In. Register by calling 416-284-4184 ext. 226. All fitness programs require **proper attire**, completed **fitness waiver & paid registration**. Access and membership fees apply. **NEW!!** Members are required to show membership tags before participating in programs.