



United Way
Toronto & York Region

WINTER 2018

What's Happening

WOMEN'S PLACE

PROGRAM HIGHLIGHTS

See Program Schedule for dates and locations.

Women's Yoga: Women's Place is offering a **FREE fitness program !!** Bring 1 non-perishable food item to support Women's Place Food Bank instead of a class fee. Please bring your own yoga mat & water.

Women's Place Form Filling Service: Women can drop-in for tea or coffee and be assisted with filling out various forms. (Appointment only)

HER Space (Healing, Empowering, Rebuilding) Lunch and Learn: Women's Support Group: This is a support group for women who have experienced trauma (domestic violence, assault, grief and/or loss) to share lived experiences. Lunch Provided.

NEW PROGRAMS:

Creative Women: DIY Beauty Care

Women will have the opportunity to learn how to make their own beauty and skin care products, such as D.I.Y. shampoos, face masks and lip balms, using every day affordable and all natural products. (Limited space)

Women's Café

Relax and treat yourself to a morning of traditional English fare with a hot cup of tea, scones, and finger sandwiches.

Programs and services may be subject to cancellation without notice.

MFRC Closures: CLOSED: January 1, February 19 March 30 - April 2

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
- Women's Fitness
- Workshops & Seminars (*Health & Wellness, Life Skills, Professional & Personal Development*)
- Computer/Internet Access
- Local Faxing & Photocopying (fee may apply)
- Volunteer Opportunities

Women's Place Hours

MON 9:00 a.m. to 5 p.m.
TUE 9:00 a.m. to 7 p.m.
 (appointment only from 5-7 p.m)
WED 9:00 a.m. to 5 p.m.
THU 9:00 a.m. to 5 p.m.
FRI 9:00 a.m. to 5 p.m.
SAT 9:00 a.m. to 2:00 p.m.

Locations

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





Women's Place Program Schedule | January to March 2018

| MON | TUE | WED | THU | FRI | SAT |
|---|---|---|--|--|---|
| <p>South Asian Legal Clinic of Ontario Free legal advice on immigration, tenant rights, family law, Ontario Works and more. 90 Littles Road 9 a.m. - 12 p.m. (1st & 3rd Mondays By appointment only)</p> <p>Essential Skills Upgrading A non-credit adult program that helps clients improve their reading, writing and math skills as well as employability and workplace skills. 1321 Neilson Road (lower level) 9:30 a.m. - 3 p.m.</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>Essential Skill Upgrading 1321 Neilson Road (lower level) 9:30 a.m.- 3 p.m.</p> <p>NEW !!! Women's Café 90 Littles Road 9:30 -10:30 a.m. (Starts Jan. 23)</p> <p>NEW !!! Creative Women: DIY Self Care 90 Littles Road 11:15 a.m. - 12:15 p.m. (Starts Jan. 9)</p> <p>Close Knit Circle Knitters and crocheters of all skill levels welcome! 1321 Neilson Road (lower level) 1 - 3 p.m.</p> <p>Extended Hours: Receive information about different resources or assistance for any questions. 90 Littles Road 5 - 7 p.m. (By Appointment only)</p> | <p>Essential Skills Upgrading 1321 Neilson Road (lower level) 9:30 a.m. - 3 p.m.</p> <p>HER Space (Healing, Empowering, Rebuilding) Lunch and Learn: Women's Support Group 90 Littles Road 12 - 1:30 p.m. (Jan. 10, 24, Feb. 14, 28, Mar. 14, 28)</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) A health and wellness program to support and empower women. 1321 Neilson Road (lower level) 9:30 - 11 a.m.</p> <p>Employment Services Services include job search, tips for interviews, and resume support. 90 Littles Road 1 - 3 p.m. By appointment only</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>Women's Place Drop-In Form Filling Service 90 Littles Road Women can drop-in for tea or coffee and be assisted with form filling. (By appointment only)</p> | <p>BeYOUtiful Women's Group A time for women to learn about: setting personal goals, building self-esteem and discover your BeYOUtiful you. 90 Littles Road Boardroom 10 -11:15 a.m. (Jan. 20, Feb. 3, 17, Mar. 3, 17)</p> <p>Women's Yoga FREE Fitness Class 90 Littles Road Gym 12-1 p.m. (Starting Jan. 6) Pre-registration required (One time \$5 access fee applies. Yoga classes are free.)</p> |
| | | | <p>SPECIAL EVENT: International Women's Day Join us in celebrating women all around the world Thursday March 8th 1:00 - 4:00 p.m. Malvern Family Resource Centre 90 Littles Road - Gym Free Event</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.