

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)

Locations

Women's Place Hours	90 Littles Road	1321 Neilson Road
MON 12 p.m. to 5 p.m. **NEW	Scarborough, ON M1B 5E2	Scarborough, ON M1B 3C2
TUE 9 a.m. to 7 p.m. **NEW	Tel 416.284.4184	Tel 416.281.1376
WED 9 a.m. to 5 p.m.	Fax 416.293.1997	
THU 9 a.m. to 5 p.m.		
FRI 9 a.m. to 5 p.m.	Web www.mfrc.org or womplace@mfrc.org	
SAT 9 a.m. to 2 p.m.	Fax 416.293.1997	
(program only)	Web www.mfrc.org	



SPRING 2017

What's Happening

WOMEN'S PLACE

PROGRAM HIGHLIGHTS

WOMEN'S GROUPS

Lunch & Learn: Women's Support Group

For women who have experienced trauma, domestic or intimate partner violence. Join us to create positive change and enhance life skills. Pre-registration for lunch and child minding is required.

Supported by:



BeYOUtiful Women's Group

A time for women to learn about setting personal goals, self-care and building self-esteem.

Discover your BeYOUtiful you. (Brunch is included, pre-registration is required)

INCLUDED Social: Connecting diverse women with disabilities in North East Scarborough:

This is a bi-weekly social program which aims to connect women with disabilities with their peers and their community.

NEW PROGRAMS:

INCLUDED Creative Arts:

This is a 12-week expressive art therapy program for women with disabilities, taking place May through July. The day and time to be confirmed. Please contact Women's Place for more information.

Computers For Work:

This 4 weeks free computer class will teach women how to set up an email, attach files, create documents and much more. Offered in partnership with TDSB on Wednesdays and Fridays. Starting Wed. June 7-July 7, 2017 from 9:30 a.m. -12 p.m.

Pre-registration is required.

Programs and services may be subject to change or cancellation without notice.

MFRC Closures:
CLOSED: April 14, 15, 17 May 22
NO PROGRAMS: April 18-21, 2017



Malvern Family Resource Centre Women's Place Program Schedule | April to June 2017

MON	TUE	WED	THU	FRI	SAT
<p>South Asian Legal Clinic of Ontario 90 Littles Road Free legal advice. 9 a.m - 12 p.m (1st & 3rd Mondays)</p> <p>Women's Conversational English Circle <i>A place for women to practice English with old and new friends.</i> 1321 Neilson Road (lower level) 9:30 a.m - 11 a.m</p> <p>Essential Skills Upgrading 1321 Neilson Road (lower level) 9:30 a.m - 3 p.m</p> <p>Women's Wellness <i>Make friends while discussing emotional, physical and mental health issues.</i> 1321 Neilson Road (lower level) 1 p.m - 2:30 p.m</p>	<p>Essential Skill Upgrading <i>This is a non-credit adult program that helps clients improve their reading, writing and math skills as well as employability and workplace skills.</i> 1321 Neilson Road (lower level) 9:30 a.m - 3 p.m</p> <p>Let's Discuss It (English) <i>Meet new people through lively conversation and activities.</i> 90 Littles Road (lower level) 9:00 a.m - 11:00 a.m</p> <p>Close Knit Circle <i>Knitters and crocheters of all skill levels welcome!</i> 1321 Neilson Road (lower level) 1 p.m - 3 p.m</p>	<p>Essential Skills Upgrading 1321 Neilson Road (lower level) 9:30 a.m - 3 p.m</p> <p>Part One: Computers For Work 90 Littles Road 9:30 a.m - 12 p.m This is a 4 week free computer program for women. (Pre-registration is required) (June 7, 14, 16, 21, 23, 28, 30, July 5, 7)</p> <p>Women's Place Drop-In Services 90 Littles Road 10 a.m - 4 p.m</p> <p>Lunch and Learn: Women's Support Group 90 Littles Road 11 a.m - 12:30 p.m (Apr. 12, May 10, June 14)</p> <p>Housing Support (Drop-In) <i>A service available to women who are seeking assistance in securing and maintaining housing.</i> 1321 Neilson Road (lower level) 2 p.m - 5 p.m</p>	<p>Let's Discuss It (Tamil) <i>Meet new people through lively conversation and activities.</i> 1321 Neilson Road (lower level) 9:30 a.m - 11 a.m</p> <p>Employment Services 90 Littles Road 1 p.m - 3 p.m (April 6, May 4, June 1)</p> <p>INCLUDED Social 90 Littles Road Boardroom 11:30 a.m - 1 p.m (April 13, May 11, June 8)</p>	<p>Part Two: Computers For Work 90 Littles Road 9:30 a.m - 12 p.m This is a 4 week free computer program for women. (Pre-registration is required)</p> <p>Housing Support (Drop-In) <i>A service available to women who are seeking assistance in securing and maintaining housing.</i> 1321 Neilson Road (lower level) 9 a.m - 1 p.m</p> <p>Creative Women: 90 Littles Road Program Room B 1 p.m. - 2:30 p.m</p>	<p>Soca, Reggae Zumba Island Party Fitness 90 Littles Road 10 a.m - 11 a.m. *\$15 for members with tags \$20 for non-members (drop-in fees available)</p> <p>BeYOUtiful Women's Group 90 Littles Road Board Room 11:30 a.m - 1 p.m (Apr. 1, May 6, June 3)</p> <p>INCLUDED Social 90 Littles Road Boardroom 11:30 a.m - 1 p.m (Apr. 1, 29, May 27, June 24)</p>
<p>MFRC's 4th Annual Walk-a-thon Register yourself or a team today to do a 5km walk to support MFRC's Walk-a-thon</p> <p>Date: Saturday May 27 Time: 9 a.m - 2 p.m</p> <p>There will be activities and a BBQ for all attendees & volunteers. More information, visit www.mfrc.org</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.