

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 5 p.m.
WED 9:00 a.m. to 7 p.m.
(appointment only from 5-7 p.m.)
THU 9:00 a.m. to 4 p.m.
FRI 10:00 a.m. to 4 p.m.
SAT 9:30 a.m. to 2:00 p.m.

Locations

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

1321 Neilson Road Scarborough M1B 3C2
Tel 416.281.1376



On-Track
CAREER & EMPLOYMENT SERVICES



United Way
Toronto & York Region

FALL 2017

What's Happening

WOMEN'S PLACE

NEW PROGRAMS

See Program Schedule for dates and locations

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

Exploring Social Enterprises: Learn the basics about social enterprises to create your own change in the community. This is a 4 week series starting Sept. 27.

York University Academic Bridging Program for Women: Earn a B average (minimum) at this 14 week program and receive automatic admission into York University! For women ages 21 and up.

Computer Classes: See brochure for more details.

PROGRAM HIGHLIGHTS:

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.

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.

Programs and services may be subject to cancellation without notice.

MFRC Closures:

CLOSED: September 2, 4
October 7, 9

NO PROGRAMS: Dec 23 - Jan 1



Women's Place Program Schedule | September to December 2017

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>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 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>NEW !!! Part One: Computers For Work This is a 4 week free computer program for women (Pre-registration is required) 90 Littles Road (Sept. 18, 26, Oct. 3, 10, 17) 1-3:30 p.m.</p> <p>Close Knit Circle Knitters and crocheters of all skill levels welcome! 1321 Neilson Road (lower level) 1-3 p.m.</p>	<p>Essential Skills Upgrading 1321 Neilson Road (lower level) 9:30 a.m. - 3 p.m.</p> <p>Lunch and Learn: Women's Support Group 90 Littles Road 11 a.m. - 12:30 p.m. (Date to be announced)</p> <p>Housing Support (Drop In) Available to women who are seeking assistance in securing and maintaining affordable housing. 1321 Neilson Road (lower level) 2 - 5 p.m.</p> <p>NEW !!! York University Academic Bridging Course for Women 90 Littles Road (Sept. 6 –Dec. 6) 6 - 8:30 p.m.</p> <p>NEW !!! Exploring Social Enterprises 90 Littles Road 6-7:30 pm (Sept. 27, Oct. 4, 11, 18) And (Nov. 22, 29, Dec. 6, 13)</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>NEW !!! Part Two: Computers For Work This is a 4 week free computer program for women (Pre-registration is required) 90 Littles Road (Sept. 18, 28, Oct. 5, 12, 19) 1-3:30 p.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>Creative Women Participate in various crafts project and also learn how to sew without a machine. 90 Littles Road Program Room B 1:30 - 3 p.m.</p> <p>Craft Projects like:</p> <ul style="list-style-type: none"> • Meals in Jar • Homemade holiday gifts • No-Sew Pillow Cases • Paint Canvas • Personal Picture Frames 	<p>Self-Care Saturdays Women will experience a time of rest & relaxation. Learn how to meditate, and self-care tips. 90 Littles Road Board Room 10 -11:30 a.m. (Sept. 16, Oct. 21, Nov. 18)</p> <p>NEW !!! Healthy Living Series 90 Littles Road 11 a.m.-12 p.m. (Sept. 23, Oct. 28, Nov. 25)</p> <p>BeYOUtiful Women's Group 90 Littles Road Boardroom 10 -11:30 a.m. (Sept. 23, Oct. 14, 28, Nov. 11, 25, Dec. 9)</p> <p>NEW !!! Women's Yoga FREE Fitness Class 90 Littles Road Gym 12-1 p.m. (Starting Sept. 9) Pre-registration required</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.