

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)
- Drop In Supports

Women's Place Hours

MON Closed
TUE 10:00 a.m. to 4 p.m.
WED 10:00 a.m. to 4 p.m.
THU 1:00 p.m. to 4 p.m.
FRI 10:00 a.m. to 4 p.m.
SAT 9:30 a.m. to 2:00 p.m. (program only)

Locations

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

1321 Neilson Road
Scarborough, ON M1B 3C2
Tel 416.281.1376



WINTER 2017

What's Happening

WOMEN'S PLACE

NEW PROGRAMS:

WOMEN'S GROUPS

Lunch & Learn: Women's Support Group

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

This program is supported by Shopper's Drug Mart "LOVE.YOU. Growing women's Health campaign."

Housing

A service available to women who are seeking assistance in securing and maintaining housing. Drop in services at 1321 Neilson Rd. Every Wednesday and Friday. By appointment Monday - Friday at 90 Littles Road.

Feminine Fitness Force

Ladies only high intensity interval training fitness class. The cost is \$10 per month

NEW SATURDAY PROGRAMS:

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)

This program is supported by Shopper's Drug Mart "LOVE.YOU. Growing women's Health campaign."

Soca , Reggae Zumba Fitness!

A blend of music to give an island feel through high impact fitness. For women age 25-54.

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.

Programs and services may be subject to closure without notice.

MFRC Closures:
CLOSED: Feb. 18, 20
NO PROGRAMS: Feb. 21 -24, 2017

Strengthening Families is our Business!



Women's Place Program Schedule | January to March 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 A place for women to practice English with old and new friends. 1321 Neilson Road (lower level) 9:30-11 a.m.</p> <p>Essential Skills Upgrading 1321 Neilson Road (lower level) 9:30 a.m.- 3 p.m.</p> <p>Women's Wellness Make friends while discussing emotional, physical and mental health issues. 1321 Neilson Road (lower level) 1-2:30 p.m.</p> <p>NEW!! Feminine Fitness Force 90 Littles Road 7:30-9 p.m. *\$10/MO for members with tags. \$15/MO for non-members.</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>Women's Place Drop-In Open House <i>Come and visit Women's Place to learn more about services and programs for women.</i> 90 Littles Road 11 a.m.-1 p.m. (Jan. 10, Feb. 7, Mar. 7)</p> <p>Close Knit Circle <i>Knitters and crocheters of all skill levels welcome!</i> 1321 Neilson Road (lower level) 1-3 p.m.</p> <p>NEW!! Computers For Work <i>5 Weeks free computer class.</i> Starts on Jan. 10 90 Littles Road 6-8 p.m. (Jan. 10-Feb. 16)</p>	<p>Let's Discuss It (English) Meet new people through lively conversation and activities. 1321 Neilson Road (lower level) 9:15-11:15 a.m.</p> <p>Essential Skills Upgrading 1321 Neilson Road (lower level) 9:30 a.m.- 3 p.m.</p> <p>NEW!! Lunch and Learn: Women's Support Group 90 Littles Road 11 a.m. - 12:30 p.m. (Jan. 11, Feb. 8, Mar. 8)</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) 2-5 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 -11 a.m.</p> <p>Employment Services 90 Littles Road 1- 3 p.m. (Jan. 5, Feb. 2, Mar. 2)</p> <p>NEW!! INCLUDED Social 90 Littles Road Program Room A & B 1:30-3 p.m. (Jan. 12, Feb. 9, Mar. 9)</p> <p>NEW!! Computer For Work <i>This 5 weeks free computer class for work will teach women how to set up an email, attach files, create documents and much more.</i> Starts on Jan.10 90 Littles Road 6-8 p.m. (Jan. 10-Feb. 16)</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: Explore DIY (Do It Yourself) Projects. 90 Littles Road Program Room B 1-2:30 p.m.</p>	<p>NEW!! Soca, Reggae Zumba Island Party Fitness 90 Littles Road 10-11 a.m. *\$15 for members with tags \$20 for non-members (drop-in fees available)</p> <p>NEW!! BeYOUtiful Women's Group 90 Littles Road Board Room 11:30 a.m.-1 p.m. (Jan. 7; Feb. 4, Mar. 4, 18)</p> <p>NEW!! INCLUDED Social 90 Littles Road Program Room A & B 12-1:30 p.m. (Jan. 28, Feb. 25, Mar. 25)</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.