



United Way
Toronto & York Region

SPRING 2018

What's Happening

WOMEN'S PLACE

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



On-Track
CAREER & EMPLOYMENT SERVICES



NEW PROGRAMS:

Enable ACCESS Project

In this project, volunteers with lived experience (disabilities) lead training on accessibility & inclusion for service providers in North-East Scarborough. This committee also supports planning and implementing programs for their peers. Help increase accessibility in your community.

Volunteers needed!

Contact Thalia at 416-284-4184 x240 or email tyank@mfrc.org for more details.

Women's Cooking

Join us in making healthy meals and enjoying it together.
Tuesdays, 11:15 a.m. - 12:30 p.m.
See program schedule for dates and location.

MEMBERS ONLY EVENT:

Mother's Day Event

Join us in celebrating Mother's Day
Wed. May 2, 11:30 a.m. - 1:00 p.m.

MFRC Closures: March 30 - April 2, May 19, 21
June 30-July 2

No Programs: April 6, May 4 & June 8



Women's Place Program Schedule | April to June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>South Asian Legal Clinic of Ontario Free legal advice on immigration, tenant rights, family law, Ontario Works and more. 90 Littles Road 10 a.m. - 2 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 p.m. - 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 Cooking 90 Littles Road 11:15 a.m. - 12:30 p.m. (April 3, 17; May 1, 15; June 5, 19)</p> <p>Creative Women: Crafts, arts and jewellery making projects. 90 Littles Road 12 p.m. - 1:00 p.m. (April 10, 24; May 8, 22; June 12, 26)</p> <p>Close Knit Circle Knitters and crocheters of all skill levels welcome! 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>HER Space (Healing, Empowering, Rebuilding) Lunch and Learn: Women's Support Group 90 Littles Road 12 p.m. - 1:30 p.m. (April 11, 25; May 9, 23, June 13, 27)</p> <p>Enable ACCESS Meetings 90 Littles Road 2:30 p.m. - 4:30 p.m. (April 4, 18; May 2, 16; June 6, 20)</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 p.m. - 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 a.m. - 11 a.m.</p> <p>NEW !!! Enable ACCESS Program 90 Littles Road 12 p.m. - 1:30 p.m. (April 19 - June 7)</p> <p>Employment Services Services include job search, tips for interviews, and resume support. 90 Littles Road 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. Not offered on April 6, May 4 & June 8</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 Program Room 10 -11:15 a.m. (April 7, 21; May 5, June 2, 23)</p> <p>FIT & FUN Program Women & Girls * (10 yrs.+ with a guardian) Start your Saturday with a variety of fitness programs: Alternating Badminton or Walk Fit. This is a non instructed & unsupervised program. 90 Littles Road Gym 10 -11 a.m.</p>
<p>Feature program: Enable ACCESS Peer-led program for women with self-identified disabilities. Call for details. 90 Littles Road</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.