

## NEW PROGRAMS

### WOMEN'S YOGA

Women's Place is offering Saturday Yoga classes! For each class, please bring your own yoga mat & water. Pre-registration required. For more details, see Saturday schedule.

### ENABLE ACCESS SOCIAL

This BI-WEEKLY social program connects women with disabilities with their peers and their community.

### FLICKS & PIZZA

Bring your friends to watch a movie and enjoy a pizza lunch on Friday's!

### BE A VOLUNTEER

We are looking for volunteers to help with supporting our programs for women. For more information, please call Women's Place.

T: 416-284-4184 ext. 226

## SPECIAL EVENT ENABLE ACCESS SYMPOSIUM

SAVE THE DATE !

Join us in celebrating an accessibility and inclusion advocacy project for women with disabilities. We will share research findings, including best practices for service providers and much more ! Lunch will be provided.

More information to come.

**Friday November 2, 2018 | 90 Littles Road**

Call for details.

### WOMEN'S PLACE HOURS

#### Monday to Friday

9:00 a.m. - 5:00 p.m.

\*Thursday's (appointment only from 5- 7 p.m.)

#### Saturday

9:30 a.m. - 2:30 p.m.

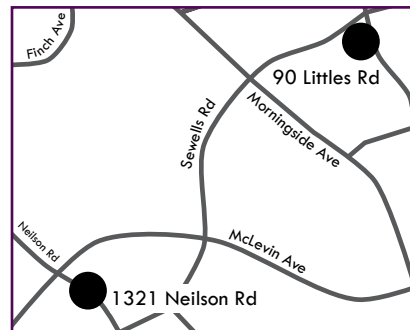
### LOCATIONS

90 Littles Road  
Scarborough, ON  
M1B 5E2

T: 416-284-4184  
F: 416-293-1997

1321 Neilson Road  
(lower level)  
Scarborough, ON  
M1B 3C2

T: 416-281-1376



## WOMEN'S PLACE

What's Happening | Fall 2018

WEB: [www.mfrc.org](http://www.mfrc.org) TEL: 416-284-4184 ext.0

Follow us on Instagram and Facebook



## 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.

### MFRC CLOSURES

October 6, 8

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

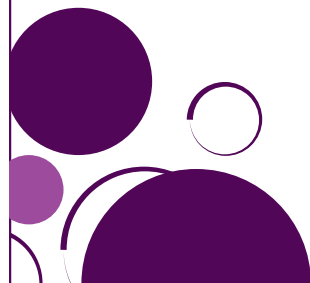


**United Way**  
Toronto & York Region



# WOMEN'S PLACE PROGRAM SCHEDULE | September to December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>South Asian Legal Clinic of Ontario</b></p> <p>Free legal advice on immigration, tenant rights, family law, Ontario Works and more.</p> <p><b>90 Littles Road</b> 9 - 12 p.m.</p> <p>(1st &amp; 3rd Mondays By appointment only)</p>	<p><b>Creative Women:</b></p> <p>DIY (Do-It-Yourself) Projects</p> <p><b>90 Littles Road</b> 11:30 - 12:30 p.m. Starting Sept 11</p> <p><b>Women's Healthy Cooking:</b></p> <p>Join us in making &amp; enjoying healthy meals together.</p> <p><b>90 Littles Road</b> 11:30 - 12:30 p.m. Nov 13, 27</p>	<p><b>Enable ACCESS Meetings</b></p> <p><b>90 Littles Road</b> 2:30 - 4:30 p.m. (Dates to be announced)</p> <p><b>Housing Support (Drop In)</b></p> <p>Available to women who are seeking assistance in securing and maintaining affordable housing.</p> <p><b>1321 Neilson Road (lower level)</b> 2 - 5 p.m.</p>	<p><b>Let's Discuss It (Tamil)</b></p> <p>A health and wellness program to support and empower women.</p> <p><b>1321 Neilson Road (lower level)</b> 9:30 - 11 a.m.</p> <p><b>Lunch and Learn: HER Space (Healing, Empowering, Rebuilding)</b></p> <p>Women's Support Group</p> <p><b>90 Littles Road</b> 12 - 1:30 p.m. Sept 13, 27, Oct 11, 25 Nov 8, 22, Dec 6</p>	<p><b>Housing Support (Drop In)</b></p> <p>A service available to women who are seeking assistance in securing and/or maintaining housing.</p> <p><b>1321 Neilson Road (lower level)</b> 9 - 1 p.m.</p>	<p><b>Badminton Women &amp; Girls *</b></p> <p>(10 yrs + with a guardian)</p> <p><b>Membership Available \$10 only</b></p> <p>Starting September 29th.</p> <p><b>90 Littles Road</b> 10 - 11 a.m. Gym (No instruction provided)</p>
<p><b>Women's Wellness</b></p> <p>Make friends while discussing emotional, physical and mental health issues.</p> <p><b>1321 Neilson Road (lower level)</b> 1 - 2:30 p.m.</p>	<p><b>Close Knit Circle</b></p> <p>Knitters and crocheters of all skill levels welcome!</p> <p><b>1321 Neilson Road</b> 1 - 3 p.m.</p>	<p><b>NEW PROGRAM</b></p> <p><b>Cultures &amp; Diversity</b></p> <p><b>1321 Neilson Road</b> 12 - 1:00 p.m. Oct 3, 17, Nov 14, 28, Dec 5</p>	<p><b>NEW PROGRAM</b></p> <p><b>Enable ACCESS SOCIAL (Bi-weekly)</b></p> <p><b>90 Littles Road</b> 2 - 3 p.m. Oct 4, 18, Nov 1, 15, 29, Dec 13</p>	<p><b>NEW PROGRAM</b></p> <p><b>Flicks &amp; Pizza</b></p> <p><b>90 Littles Road</b> 2 - 5 p.m. Sept 28, Oct 26, Nov 30, Dec 14</p>	<p><b>NEW PROGRAM</b></p> <p><b>Women's Yoga (Gym)</b></p> <p>1 - 2 p.m. Starting October (Minimum of 22 participants registered for class to begin)</p> <p><b>NOTE:</b> Pre-registration &amp; Payment required for 8 sessions</p> <p>*\$15 for members with tags *\$20 for non-members Subject to cancellation pending enrollment.</p>



All programs require registration except 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.