

## NEW PROGRAMS

### Yoga (FREE for members only) | Saturdays

11 a.m. - 12:30 p.m. | 90 Littles Road

\*Membership required

This free program is available to women for fitness and stress relief! If you can, please bring a non-perishable food item for our emergency food cupboard.

### Women's Self Defense | Saturdays

April 27, May 25, June 29 | 9:30 - 11 a.m. | 90 Littles Road  
Learn street safety and self-defence moves. For women and girls 10 & up (with a guardian)

### Computer Use / Internet Access / Photocopy

Free service, computer use by appointment only

## SPECIAL EVENT

### MOTHER'S DAY (MEMBERS ONLY)

Thursday May 9, 2019 | 11 a.m. - 12:30 p.m.

90 Littles Road

Call for details. Pre-registration required. Limited Spots.

### 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. - 1:30 p.m.

### LOCATIONS

90 Littles Road  
Scarborough, ON  
M1B 5E2

T: 416-284-4184

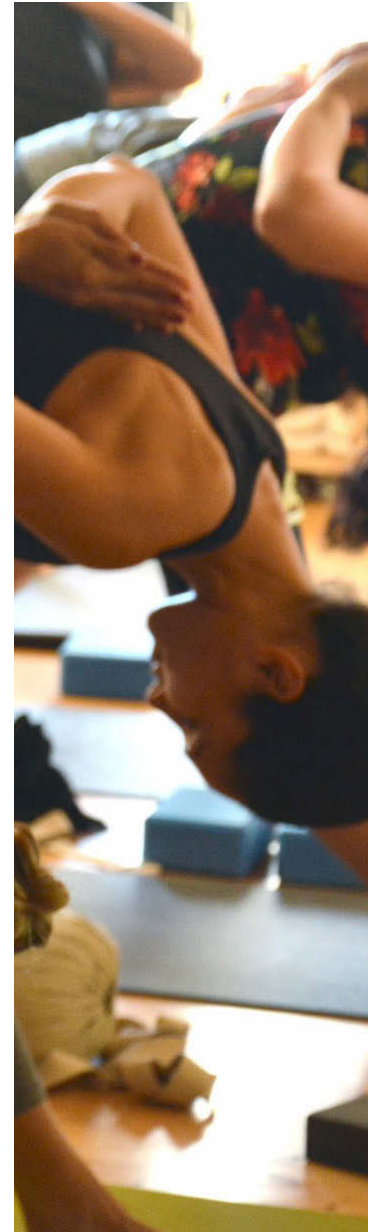
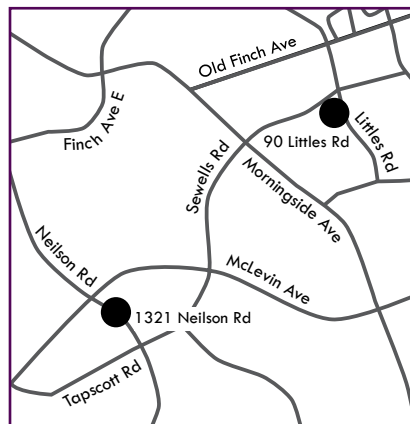
F: 416-293-1997

1321 Neilson Road  
(lower level)

Scarborough, ON

M1B 3C2

T: 416-281-1376



Linking women to  
community services.

## WOMEN'S PLACE

What's Happening | Spring 2019

WEB: [www.mfrc.org](http://www.mfrc.org) TEL: 416-284-4184 ext. 226

Follow us on Instagram and Facebook

## NEW PILLARS

Women's Place is a vibrant women's only space, where staff and trained volunteers provide information, resources, and programs based on these 5 new pillars to support women:

1. Arts
2. Education
3. Leadership & Community
4. Health & Wellness
5. Employment

### MFRC CLOSURES

April 19 - 22 | May 18 - 20

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





# WOMEN'S PLACE PROGRAM SCHEDULE | April to June 2019

## ARTS

### Close Knit Circle

Knitters & crocheters of all skill levels welcome!

**Tuesdays**

**1 - 3 p.m.**

**1321 Neilson Road**

### Movie & Lunch Matinee

Share some girl time with friends!

**Fridays**

**April 5, May 10 & June 14**

**1 - 4 p.m.**

**90 Little's Road**



## EDUCATION

### NEW PROGRAM

#### Women's Cooking & Nutrition

**Tuesdays**

**April 2, May 7 & June 4**

**11:30 a.m. - 1 p.m.**

**Thursdays**

**April 11, May 30 & June 27**

**1 - 2:30 p.m.**

**90 Little's Road**

#### Women's Health Connection

Connect to health information through guest speakers and activities

**Wednesdays**

**April 17, May 22 & June 19**

**10 - 11:30 a.m.**

**(Call for details)**

#### Self Defense

Learn street safety and self-defense moves. For women and girls 10+ (with a guardian)

**Saturdays**

**April 27, May 25 & June 22**

**9:30 - 11 a.m.**

**90 Little's Road**

## LEADERSHIP & COMMUNITY

### W.P Café (Drop- In)

Check out what's new at Women's Place over a hot beverage.

**Tuesdays**

**April 9, 23, May 14, 28 & June 11, 25**

**10:30 a.m. - 12 p.m.**

**90 Little's Road**

### Housing Support

Are you at risk of eviction? Do you have housing questions? We can help!

**Wednesdays by appt. only**

**Fridays (Drop-In)**

**9 a.m. - 1 p.m.**

**1321 Neilson Road**

### Culture & Diversity

Curious about other cultures? Learn, share and connect through activities and community service highlights.

**Wednesdays**

**April 10, 24, May 15, 29 & June 12, 26**

**1 - 2:30 p.m.**

**1321 Neilson Road**

### NEW PROGRAM

#### Community Supports

See under the Employment Section.

**Mondays & Wednesdays**

**10 a.m. - 12 p.m.**

**90 Little's Road**

## HEALTH & WELLNESS

### Women's Wellness

Make friends and discuss emotional, physical and mental wellness topics.

**Mondays**

**1 - 2:30 p.m.**

**1321 Neilson Road**

### Let's Discuss It - Tamil

A health and wellness program to support and empower women.

**Thursdays**

**9:30 - 11 a.m.**

**1321 Neilson Road**

### Enable Access Social

An accessible program for women with disabilities, both visible and invisible. Connect with other women & resources in the community.

Peer supported program

**Thursdays**

**April 18, May 16 & June 20**

**1 - 2:30 p.m.**

**90 Little's Road**

### NEW PROGRAM

#### Beginners Aerobics (FREE for members only)

Do you want to start exercising? Join us for low impact exercise to stay fit.

**Saturdays**

**10:15 - 10:45 a.m.**

**90 Little's Road**

**Pre-registration Required.**

**Limited Spots.**

\*No class on April 6, 27, May 25 & June 29

#### Yoga (FREE for members only)

See back page for more details.

**Saturdays**

**11 a.m. - 12:30 p.m.**

**90 Little's Road**

**\*Membership required**

## EMPLOYMENT

### NEW PROGRAM

#### Community Supports

One to one support in form filling, employment supports and information & referrals.

**Mondays & Wednesdays**

**10 a.m. - 12 p.m.**

**90 Little's Road**

### FEATURE PROGRAM

#### New Employment Program

Women's Place will be offering a Job Readiness program containing:

- 1) A 5 day workshop series to improve your employability and help you find work
- 2) Employment training: Free CPR-C/First Aid
- 3) Volunteer opportunities & referral to Employment Ontario programs

**Mon, April 8 - Fri, April 12**

**10 a.m. - 2 p.m.**

**90 Little's Road**



For more information, call 416-284-4184 ext. 226. Access and membership fees apply. **Note: All programs at 1321 Neilson Road are on the lower level.**

**NEW!!** Members are required to show membership tags before participating in programs.