

PROGRAM HIGHLIGHT



*HER Space (Healing, Empowering, Rebuilding)

Women come together to share, socialize and learn how to practice self-care.

Thursdays | Sept 26, Oct 24 & Nov 28

6-7 p.m. | 90 Littles Road

FREE CHILDMINDING & MEAL PROVIDED.

PRE-REGISTRATION REQUIRED



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

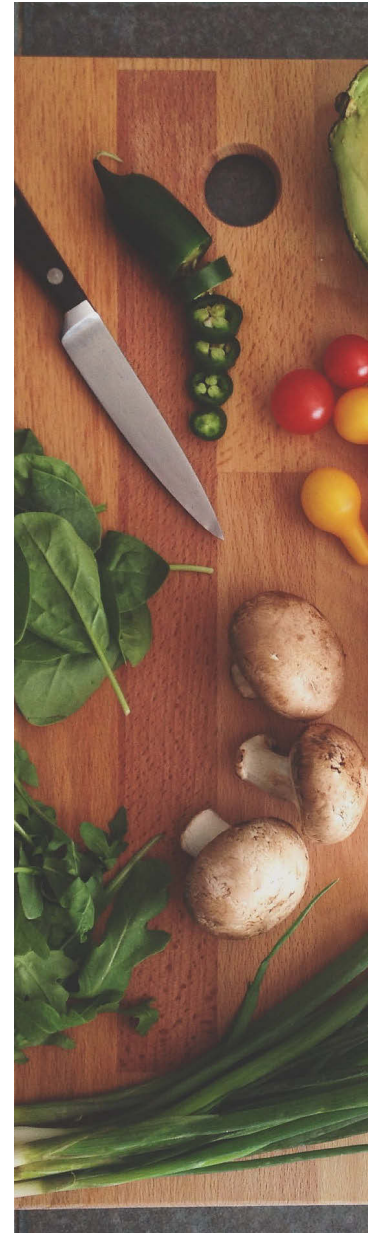
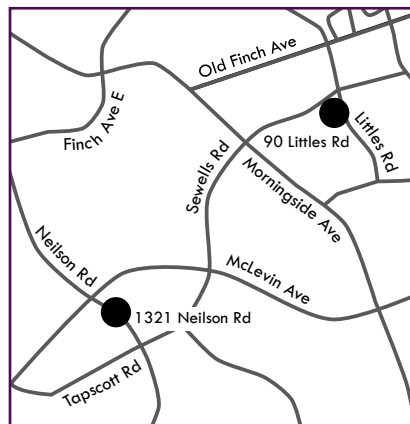
F: 416-293-1997

**1321 Neilson Road
(lower level)**

Scarborough, ON

M1B 3C2

T: 416-281-1376



MFRC CLOSURES

Oct 12-14

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



Linking women to
community services.

WOMEN'S PLACE

What's Happening | Fall 2019

WEB: www.mfrc.org TEL: 416-284-4184 ext. 226

Follow us on Instagram and Facebook

@malvernfrc | @malvernfamilyresourcecentre

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 to support women.



United Way
Greater Toronto



WOMEN'S PLACE PROGRAM SCHEDULE | September to December 2019

ART

Close Knit Circle

Knitters & crocheters of all skill levels welcome!
Tuesdays | 1-3 p.m. | 1321 Neilson Road

Movie & Lunch

Share some girl time with friends!
Fridays | Sept 20, Oct 11, Nov 22 & Dec 6 | 2-5 p.m. | 90 Littles Road

COMMUNITY DEVELOPMENT

Grab N' Go

Grab a healthy treat to go, connect to services & find out what Women's Place is all about.
Tuesdays, 11 a.m. - 12 p.m. | Saturdays, 11-11:30 a.m. | 90 Littles Road

Housing Support

Are you at risk of eviction? Do you have housing questions? We can help!
Wednesdays by appointment only | Fridays Drop-In, 9 a.m. - 1 p.m. | 1321 Neilson Road

Culture & Diversity

Learn and share about cultures through a social potluck. Each month we will feature a community service highlight.
Wednesdays | Sept 25, Oct 16, Nov 20 & Dec 18 | 1 - 2:30 p.m. | 1321 Neilson Road

MEMBERS ONLY PROGRAM

NEW PROGRAM

*Beginner Exercise

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. All fitness programs require proper attire, completed fitness waiver & registration.
Saturdays | 10:15 a.m. - 11:00 a.m. | 90 Littles Road

EMPLOYMENT

Community Supports

Form filling, employment support, info & referrals and faxing services.
Mondays & Thursdays | 10 a.m. - 12 p.m. | 90 Littles Road

EDUCATION

NEW PROGRAM

*Simple Healthy Cooking

In this 5 week series you will learn to make healthy food substitutions, store food and leftovers safely, understand food labels & tips to stretch your food budget!

Provided to participants: Childminding (Pre-registration required), TTC tokens, certificate of completion and a free gift (upon completing all sessions) **LIMITED SPOTS AVAILABLE.**

Wednesdays | October 2, 9, 16, 23 & 30 | 10:30 a.m. - 1:30 p.m. | 1321 Neilson Road

HEALTH & WELLNESS

Women's Wellness

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

Mondays | 1-2:30 p.m. | 1321 Neilson Road

Let's Discuss It – Tamil

A discussion based program to support and empower women.
Thursdays | 9:30-11 a.m. | 1321 Neilson Road

Women's Access Social

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

Thursdays | Sept 12, Oct 17, Nov 14 & Dec 12 | 1-2:30 p.m. | 90 Littles Road