

## WOMEN'S PLACE EVENT

# International Women's Day

Saturday March 7, 2020

11 a.m. - 1:30 p.m. | 90 Littles Road

**THIS IS A WOMEN'S ONLY EVENT -  
TICKET IS REQUIRED | SPACES ARE LIMITED**

## #EachforEqual

Featuring:

Presenters, Agency Tables, and more.

**FREE TICKETS AVAILABLE STARTING  
FEBRUARY 7, 2020**

For more information, please contact **WOMEN'S PLACE** at 416-284-4184 ext. 226

### 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.

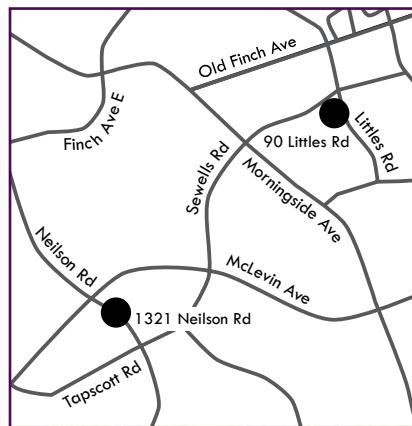
### LOCATIONS

**90 Littles Road  
Scarborough, ON  
M1B 5E2**

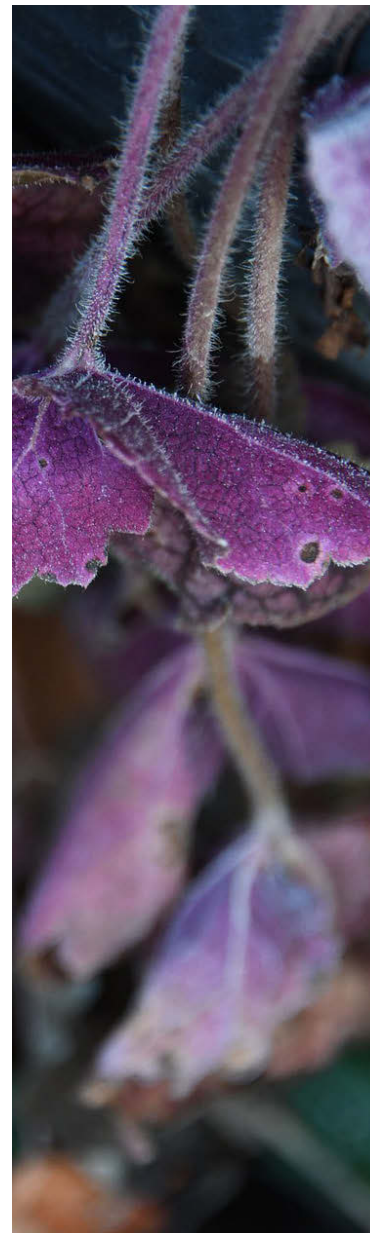
**T: 416-284-4184  
F: 416-293-1997**

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

**T: 416-281-1376**



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario



Linking women to  
community services.

## WOMEN'S PLACE

What's Happening | Winter 2020

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

Follow us on Instagram and Facebook

@malvernfr | @malvernfamilyresourcecentre

## MEMBERS ONLY PROGRAM

### \*Beginner Exercise

This free program is available to  
women for fitness & stress relief!

Starting Jan 18

Saturdays | 10:15 a.m. - 11:15 a.m.  
90 Littles Road

### \*Yoga (Bring yoga mat & water)

Starting Jan 11

Saturdays | 11:15 a.m. - 12:15 p.m.  
90 Littles Road

If you can, please bring a  
non-perishable food item for our  
emergency food cupboard.  
All fitness programs require proper  
attire, signed fitness waiver  
& registration.

### MFRC CLOSURES

Feb 15 - 17

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





# WOMEN'S PLACE PROGRAM SCHEDULE | January to March 2020

## 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 | Jan 24, Feb 21 & Mar 20 | 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.

Saturdays | 12:15-12:30 p.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

## EMPLOYMENT

### Community Supports

Form filling, employment support, info & referrals and faxing services.

Wednesdays & Thursdays | 10 a.m. - 12 p.m. | 90 Littles Road



### NEW COMING SOON! Women of Enterprise

Do you want to start your own business? This project will teach you how to build your business and become an entrepreneur.

Call for more details

## EDUCATION

### \*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, restrictions apply), TTC tokens, certificate of completion and a free gift (upon completing all sessions) **LIMITED SPOTS AVAILABLE.**

Wednesdays | January 22, 29 & February 5, 12, 19 | 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

### NEW !!! Women's Access: Healthy Living Series

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

Thursdays | Jan 16, Feb 13 & Mar 26 | 1-2:30 p.m. | 90 Littles Road

### HER Space (Healing, Empowering, Rebuilding)

Women come together to share, socialize and experience personal growth.

Meal provided. Childminding provided. Pre-registration required.

Thursdays | Jan 9, Feb 6 & Mar 12 | 6-7 p.m. | 90 Littles Road