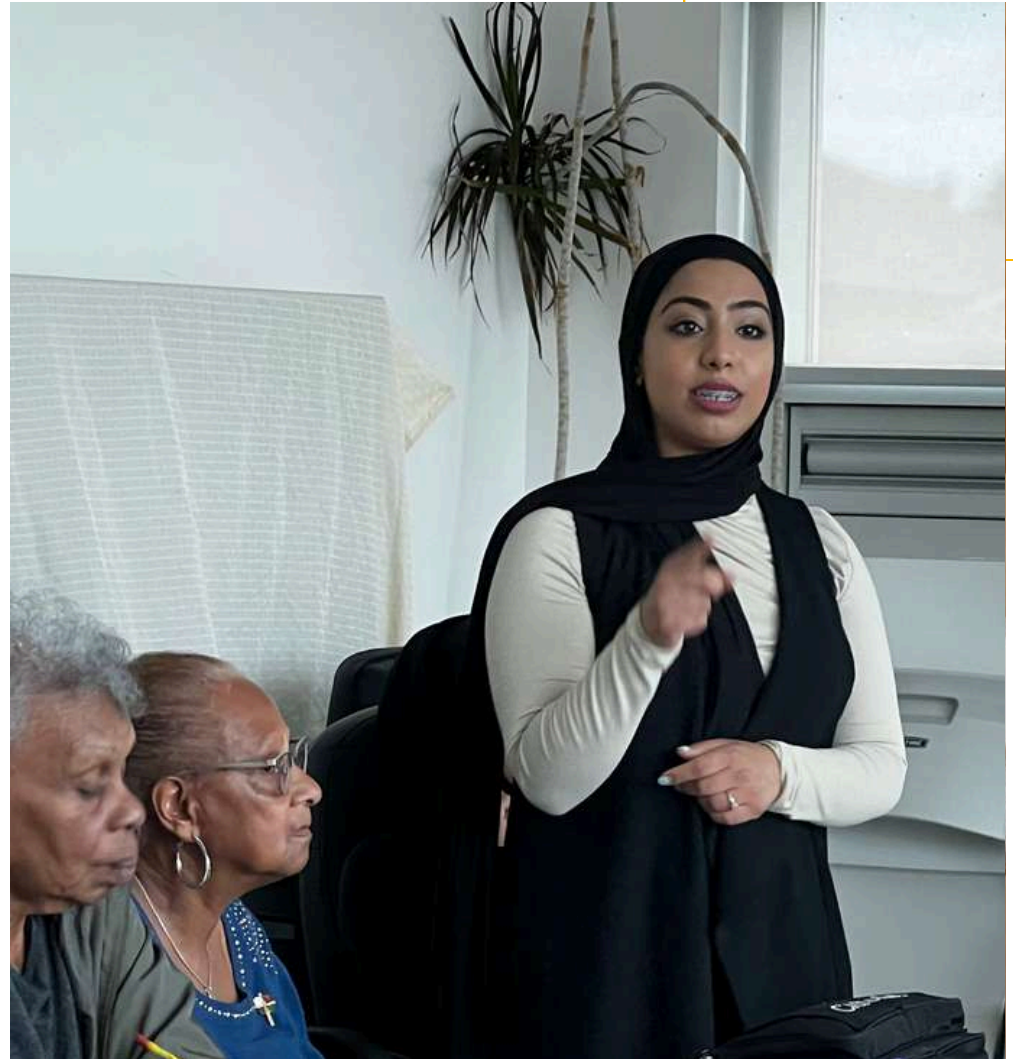




WOMEN'S PROGRAM



WOMEN'S PROGRAM RELAUNCH

Thank you for sharing your thoughts in our survey! We're excited to unveil the fresh vision for our Women's Program. Stop by and explore our new name, new space, and exciting programs launching this October

NEW

FALL 2024 - (OCT - DEC) - WOMEN'S PROGRAM

MONDAY

NEW! Cafe Convo - In-person

90 Littles Road
11:30AM-12:30 PM

Pouring It Out - Virtual

5:30 - 7:00 PM

Pilates - In-Person

90 Littles Road
5:45-6:45 PM

THURSDAY

Housing Support - In-Person

1321 Neilson Road
BY APPOINTMENT: 9:30 AM - 4:30 PM

NEW! Cooking with Joy - In-Person

90 Littles Road
12:30 - 2:00 PM
Oct. 3, Nov. 7, Dec. 5

Health & Wellness Discussion-In-Person

Malvern Library, 30 Sewells Road
Oct. 10
2:00-3:00 PM

NEW! Women's Social - In-Person

1321 Neilson Road, 11:30 AM-12:30 PM
Oct 10, Nov. 14

TUESDAY

Drop-In Support Services - In-Person

90 Littles Road
1:00-3:00 PM

Chair Yoga - Virtual

2:30-3:30 PM

FRIDAY

Beginner Fitness - Virtual

10:00-11:00 AM

NEW! Parenting Workshop-In-Person

90 Littles Road, 9:30-11:00 AM
Pre-register for free childminding
Fri. Oct. 18 - The Art of De-Stressing
Fri. Nov. 15 - Free Dental Care (Gov.)

SATURDAY

NEW! Art Escape - In-Person

See description for more details.
90 Littles Road, Oct. 5, 26, Nov. 2, 30, Dec. 14
10:00-11:00 AM

Family Wellbeing Retreats - In-Person

90 Littles Road, Oct. 19, Nov. 16
10:00 AM - 12:00 PM

NEW! Malvern Mom's Meet & Greet

In-Person, 90 Littles Road, Nov. 23
Free childminding. Pre-registration required.
10:00 - 11:30 AM

WEDNESDAY

Tamil, Lets Connect - Virtual

Meeting ID: 979 762 7167
Passcode: 2580
9:30-11:30 AM

Knitting Social - In-Person

90 Littles Road
12:00-1:15 PM

Women's Diverse Voices - In-Person

90 Littles Road
Oct. 30, Nov. 27
Cohort 1: 10:00 AM-12:00 PM
Cohort 2: 2:30-4:30 PM

NEW! Drop-In Supports

In-Person, 1321 Neilson Road
2:00 - 5:00 PM

COMING SOON!

Financial Literacy Event

Nov 9 (90 Littles Rd)

16 Days of Activism

Nov. 25 - Dec. 10

Holiday Celebration

Friday December 13



ZOOM

ID: 382 386 0855
PASSCODE: women

NEW

ABOUT THE WOMEN'S PROGRAM/EVENTS

NEW! COOKING WITH JOY



Learn about healthy eating- ask your questions! A registered nutritionist provides food demonstrations and offer healthy food tips.

BEGINNER FITNESS



Beginner Fitness is a cardio workout with some light strength training for starters looking to engage in physical exercise.

PILATES I WALL PILATES



Pilates classes focus on core strength, flexibility & balance, offering a low-impact exercise option. Please inform instructor if you would like to modify the class to be wall pilates.

For More Information:
Contact Mimi Quong
416-284-4184 x243
ymquong@mfrfc.org

NEW ! CAFE CONVO



Drop-in for some tea or and enjoy some conversation with friends.

WOMEN'S DIVERSE VOICES



A monthly social group for Black, Indigenous and Women of Color (BIWOC) in the Malvern Community. Creating a space for women to address systemic issues through an interpersonal approach.

Pre-registration required.

DROP-IN SUPPORT SERVICES



Drop-in support services provide information, referral services, one-on-one meetings, and assistance with form filling.

HOUSING SUPPORT



Housing support services are offered by a Housing Worker from ACSA, available by appointment only on Thursdays from 9:30 AM to 4:30 PM at 1321 Neilson Road.

FAMILY WELLBEING RETREAT



The Family Wellbeing Retreat offers a day filled with engaging activities, fitness sessions, and meaningful discussions for parents, caregivers, and kids. Pre-registration required.

NEW! ART ESCAPE



Learn to make easy beautiful gifts for family & friends. This will include gifts in a jar, painting, knitting and much more.

NEW! MALVERN MOM'S GROUP



We are starting a new Malvern Mom's group! Join us for a Meet & Greet to find out more about the group. Free* child care provided. Limited Spots.
*Pre-registration required.