

WINTER/SPRING/SUMMER PROGRAM SCHEDULE (JANUARY TO JULY, 2011)



WEEKDAY PROGRAMS

**Note: Pre-registration is required for all programs.
Women of limited income are welcome to apply for subsidy.**

MONDAY AFTERNOONS

SELF-ESTEEM

Monday, January 31st
1:00 to 3:00 pm

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

6 Mondays
March 7th to April 11th
1:00 to 3:30 pm

SELF-CONFIDENCE FOR RELATIONSHIPS & LIFE ACTIVITIES

Monday, April 18th
1:00 to 3:00 pm

NEW!

PERSONAL FINANCES WORKSHOP FOR WOMEN

Monday, July 18th
1:00 to 3:00 pm

"Self-Esteem" with Diane Forbes

Having a positive self-esteem helps you to be yourself, handle adversity and gives you the courage to be the person you want to be. Learn the steps to building a positive self-esteem on your path to self-empowerment for positive living. **Fee: \$5. Sponsored by Penelope Stuart**

"Living a Healthy Life With Chronic Conditions" presented by Central East Local Health Integration Network

This **free** six-week course will help women live well while managing a wide range of chronic pain conditions such as musculoskeletal pain, whiplash injury, fibromyalgia, repetitive strain injury, etc., and chronic conditions such as arthritis, diabetes, stroke, kidney, heart or lung disease and depression.

"Self-Confidence for Relationships & Life Activities" with Darlene Montgomery

Without confidence you find yourself doubting your capabilities, shying away from adventure, unable to create and sustain meaningful relationships. Learn quick & easy techniques to boost self-confidence. Discover how to change core beliefs that get in the way of your confidence. Learn self-trust through creative exercises, visualization & journaling to tap into a stronger, more confident you. **Fee: \$5. Sponsored by SSAB Central Inc.**

"Personal Finances for Women" with Ghizlane Obtel, InCharge Canada

Join us for this **FREE** eye-opening, informative and empowering 2-hour workshop and learn the importance of managing your finances. You will discover practical tools to get out of debt and change unhealthy spending behaviour. Learn how to save more for the future and take control of your finances once and for all! **Free**

EVENING PROGRAMS

MONDAY EVENINGS

FALLING IN LOVE WITH LIFE AGAIN

8 Mondays
January 31st to March 28th
6:30 to 8:30 pm

HOW TO FIND AND LIVE YOUR LIFE PURPOSE

7 Mondays
June 6th to July 25th
7:00 to 9:00 pm

TUESDAY EVENINGS

DECLUTTER YOUR MIND AND YOUR LIFE!

Tuesday, February 1st
6:30 to 8:30 pm

HEALTH & WELLNESS

2 Tuesdays
February 8th & 15th
6:30 to 8:30 pm

HOW TO BECOME A CHANGE MASTER

Tuesday, February 22nd
6:30 to 8:30 pm

"Falling in Love With Life Again - 8 Weeks to Rediscover Yourself" with Darlene Montgomery

Finding meaning after a time of strife may seem impossible at first. In this 8-week course, learn how to fall in love with yourself and life all over again. Gain a sense of hope and renewed inspiration as you learn to let go of what no longer serves you in your life. Get in touch with what really matters, and learn how to stop resisting what you really want.

Fee: \$40. No class Feb. 21st. Sponsored by Realty Cares Foundation

"How to Find and Live Your Life Purpose" with Darlene Montgomery

Each of us is born with unique purpose, but we're often unsure what that is or even how to find out. In this 7-week course you'll explore various ways of healing the past and letting go of limiting ideas and beliefs. You'll learn to use your creative imagination with journaling, dreams and intuition as guideposts to understand your deeper purpose. **Fee: \$35. No class July 4th. Sponsored by St. Andrew's Charitable Foundation**

"De-Clutter Your Mind AND Your Life!" with Niroma DeZoysa

Start 2011 by de-cluttering your Mind. Just like your home or closet, your mind also needs de-cluttering from time to time. Get rid of old habits, values, thoughts and little routines that have no value or meaning in your present life. Keep what you need and discard what you don't. Organize your present priorities, and set new goals. Give your mind a fresh new makeover! **Fee: \$5. Sponsored by Xiaolin Ni**

"Health & Wellness" with Gabriella Puschel

This workshop will provide strategies on determining your health goals. You will learn about good nutrition, how to maintain it on a shoestring budget, as well as the importance of good exercise, including physical and mental benefits. You'll also take away some good exercises and suggestions on how to stay motivated. **Fee: \$10. Sponsored by Gloria Costello and Roslyn Shields**

"How to Become a Change Master" with Darlene Montgomery

We can learn to navigate change with greater ease when we recognize the signposts of change. Our dreams and intuition can help us to get in touch with life's natural cycles and circumstances so that we can let go more easily. Learn how to use these cycles to best move forward toward a life more in harmony with your authentic self. **Fee: \$5. Sponsored by Heidi Johnson & Catherine Molyneux**



EVENING PROGRAMS (continued)



**Note: Pre-registration is required for all programs.
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TUESDAY EVENINGS

HOW DO I GET MORE LOVE?

2 Tuesdays
March 1st and 8th
6:30 to 8:30 pm

“How Do I Get More Love?” with Jane Durst Pulkys

People often wonder, “How do I get more love?” The answer lies in giving of yourself to others. Learning how to love yourself is the key to true happiness, growth and prosperity. Discover a greater life and love for yourself in this two-week workshop. **Fee:** \$10. *Sponsored by Larry Kosowan*

TAKING CHARGE OF YOUR FINANCES

Tuesday, March 15th
6:30 to 8:30 pm

“Taking Charge of Your Finances” with Gabriella Puschel

Learn how to determine your financial goals and build a budget to help meet those goals. Practical money-saving suggestions range from putting money in glass jars to shopping and menu designs. Learn helpful hints on how to stay motivated and get on track with achieving your financial goals. **Fee:** \$5. *Sponsored by Cindy Tan*

SELF-ESTEEM

Tuesday, March 29th
6:30 to 8:30 pm

“Self-Esteem” with Diane Forbes

Having a positive self esteem helps you to be yourself, handle adversity and gives you the courage to be the person you want to be. Learn the steps to building a positive self-esteem on your path to self-empowerment for positive living. **Fee:** \$5. *Sponsored by Mary Heinmaa*

FAMILY LAW & SELF-ADVOCACY

3 Tuesdays, April 5th to 19th
7:00 to 9:00 pm
note time change

“Family Law & Self-Advocacy” with Nneka MacGregor

Finding your voice and the confidence to say what you have to can be challenging. Nneka MacGregor has a law degree from the UK. She will share her experience with the family law system in Ontario. She encourages self-empowerment through understanding the law, including regulations, court settlements, custody and access. In this 3-week course, learn skills and tools to effectively communicate your thoughts, ideas and experiences in a fun, supportive environment. We will focus on successfully navigating the family law system through information and empowerment. **Free.** *Sponsored by Filomena DeSousa*

POWER OF ATTITUDE

Tuesday, May 3rd
7:00 to 9:00 pm

“Power of Attitude” with Niroma DeZoysa

Discover the importance of your attitude, and whether it is helping or hindering your life. You'll learn how changing your attitude can help create your own personal power, and how to face the tough challenges in your life with this new-found positive outlook. **Fee:** \$5. *Sponsored by Stacey Grammick*

FREEING TRAPPED EMOTIONS TO A HAPPIER, HEALTHIER LIFE

8 Tuesdays
May 31st to July 19th
7:00 to 9:00 pm

“Freeing Trapped Emotions to a Happier, Healthier Life” with Jane Durst Pulkys

Life can be difficult, and emotions can sometimes feel overwhelming. Negative emotional energy can remain within your body and cause significant emotional stress. In this 8-week course, discover the 7 energy centres within the body, and learn the techniques to remove this emotional baggage. By getting rid of your trapped emotions you can overcome the obstacles of your past and bring new life to your family, marriage, and relationships. **Fee:** \$40. *Sponsored by Scarborough Golf Club – Ladies’ Golf Section, Shirley Smith & Sandra McNeill*

WEDNESDAY EVENINGS

CONSUMER ADVISORY

2 Wednesdays
January 26th - 6 to 8 pm
June 1st - 6:30 to 8:30 pm

“Consumer Advisory Group Meetings”

Women who have used our programs and services are invited to share their thoughts about how to make the Centre a good place for women. Light refreshments will be served. *RSVP by Fri., Jan. 21st for Winter meeting, and Fri., May 27th for Spring meeting.*

THURSDAY EVENINGS

DISCOVER YOUR TRUE SELF

8 Thursdays
February 3rd to March 24th
6:30 to 8:30 pm

“Discover Your True Self” with Niroma DeZoysa

Who are you really? What do happiness and success mean to you? Are you on the right path in life? Learn to understand and appreciate your own unique self in this 8-week program of self-discovery. Each week you will get closer and closer to becoming your True Self and living your life to its fullest potential. **Fee:** \$40. *Sponsored by Direct Energy*

WHO IS HOLDING THE STRINGS IN YOUR LIFE?

Thursday, March 31st
6:30 to 8:30 pm

“Who is Holding the Strings in Your Life?” with Niroma DeZoysa

Do you feel like a puppet dancing to someone else's tune? Whose orders are you taking, and whose expectations are you struggling to fulfill? If you feel you've lost control of your own life, learn how to finally take it back! **Fee:** \$5. *Sponsored by Suzanne Gibson*

BUILDING SELF-ESTEEM

8 Thursdays
April 7th to June 2nd
7:00 to 9:00 pm

“Building Self-Esteem” with Vivienne Kendry

Self-esteem is essential to feeling good about ourselves, and trusting our decisions. Learn how to enhance this important aspect of who we are, and how to apply decision-making techniques that can last a lifetime in this 8-week course. **Free.** *No class April 21st. Sponsored by Malvern Cricket & Social Club*

LETTING GO OF CLUTTER

Thursday, June 9th
7:00 to 9:00 pm

“Letting Go of Clutter” with Angela Boucher

Many of us have some of it, and many more of us have a lot of it - to the point where we dread going home to the overwhelming mess waiting for us there. Clutter affects us in many ways. It creates undue stress, robs us of our lives and prevents us from focusing and moving forward. Learn how to bring peace and order to your life once and for all! **Fee:** \$5. *Sponsored by Nan & Bill Kosowan*

GETTING ORGANIZED

Thursday, June 16th
7:00 to 9:00 pm

“Getting Organized” - with Angela Boucher

If you've ever tried to get organized and have had little or no success, this workshop is for you. Topics include distinguishing between “being neat” and “being organized,” goal-setting, making lists, planning & prioritizing, and time management tools. Learn to become organized once and for all! **Fee:** \$5. *Sponsored by Etobicoke-Brampton Sleep Clinic*



THURSDAY EVENINGS

**STOP PROCRASTINATING,
TAKE ACTION!**
Thursday, June 23rd
7 to 9 pm

SATURDAY FULL-DAY

ASSERTIVENESS TRAINING
Saturday, February 5th
10:00 am to 3:00 pm

**LEARNING TO
NURTURE YOURSELF**
Saturday, February 12th
10:00 am to 3:00 pm

**BODY IMAGE AND ME:
MIND, BODY AND SOUL**
Saturday, February 26th
10:00 am to 3:00 pm

**LIVING THE LIFE YOU
WERE BORN TO LIVE**
Saturday, March 5th
10:00 am to 3:00 pm

**CREATIVE SOLUTIONS
FOR POSITIVE CHANGE**
2 Saturdays
March 12th and 19th
10:00 am to 3:00 pm

**SINGLE, HAPPY
AND SUCCESSFUL**
2 Saturdays
March 26th and April 2nd
10:00 am to 3:00 pm

DEALING WITH MY ANGER
2 Saturdays
April 9th and 16th
10:00 am to 3:00 pm

**DISCOVER YOUR OWN
LIFE PURPOSE**
Saturday, April 30th
10:00 am to 3:00 pm

**HOW TO LOVE YOURSELF
UNCONDITIONALLY**
Saturday, May 7th
10:00 am to 3:00 pm



EVENING PROGRAMS (continued)

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“Stop Procrastinating, Take Action!” with Angela Boucher

Do you put off doing things that are really important to you? Do you sometimes feel anxious or guilty because you just can't get yourself to do what you need or want to? Learn through exercises and affirmations how to stop delaying things, how to develop priorities that reflect your goals and values. **Fee:** \$5. *Sponsored by Bad Boy Furniture Warehouse Ltd.*

SATURDAY PROGRAMS

“Assertiveness Training” with Susan Ludwig

What is assertiveness? Explore confident, clear communication and identify barriers that stop us from saying, “No.” Learn techniques that will help you to express your needs in a way that builds self-esteem while still respecting others. **Fee:** \$25. *Sponsored by Elementary Teachers Federation of Ontario, Elementary Teachers of Toronto & ETT Status of Women Committee*

“Learning to Nurture Yourself” with Darlene Montgomery

We often turn to food because we're hungry for companionship, love, connectedness or creative expression. Whether you're an over-eater, under-eater, workaholic, or simply disconnected from yourself, this workshop will show you how to get back in touch with the dreams and desires you've hidden from yourself. Discover how to listen to your heart and follow the directions that lead you back to what you really want. **Fee:** \$25. *Sponsored by Judit Marincan*

“Body Image and Me: Mind, Body and Soul” with Jill Andrew

This workshop is geared toward loving one's mind, body and soul. Learn how to think critically about different aspects of your social life, such as ethnicity, gender, sexuality, economy, media influences and careers. Learn how these impact our relationships with our bodies, as well as others' perceptions. Create self-affirmation statements and body image monologues, then share them within the private and safe space of our women's group. **Fee:** \$25. *Sponsored by Evelyn Hill*

“Living the Life You Were Born to Live” with Darlene Montgomery

Living the life you were born to live means living your whole life in an inspiring, rewarding way. We all have unique talents, but we may not appreciate or understand how to apply them in everyday life. In this workshop, you'll discover your unique abilities and aptitudes. Learn to stop resisting your natural talents and use journaling, dreams and creative visualization to bring them together to live an enriching life in work, relationships and health. **Fee:** \$25. *Sponsored by Telus Employee Charitable Giving Program & Allan Kosowan*

“Creative Solutions for Positive Change” with Gabriella Puschel

Discover the tools to create solutions for positive change in this two-week course. Learn the importance of trust in yourself and others. Discover the use of positive self-talk and affirmation, and how to incorporate all of these as routine practices into your life. **Fee:** \$50. *Sponsored by Craig Thomas*

“Single, Happy and Successful” with Niroma DeZoysa

Sometimes the partnerships you try to create with others don't work out exactly as you planned. You end up single, heartbroken, lost and ready to give up. Yet, you have everything inside of you to make it on your own. In this 2-week course, learn to walk your own life path successfully, whether partnered or not. Learn to live up to your own potential without constantly waiting for someone else to join you. Become a woman with a plan of your own life and live that plan to the fullest. **Fee:** \$50. *Sponsored by CIBC & CIBC Employees*

“Dealing With My Anger” with Prabha Bassoo

Anger is a signal, one worth listening to. Our anger may be a necessary message that we are being hurt, our rights are being violated, our needs are not being adequately met, or that something simply isn't right. Work on understanding and dealing with anger in an educational format over two Saturdays. **Fee:** \$50. *Sponsored by Royal LePage Shelter Foundation*

“Discover Your Own Life Purpose” with Niroma DeZoysa

Discover how to live a more meaningful and productive life in this full-day workshop. Learn to identify your positive and negative voices within, and give power to your positive inner self. Develop a strong vision for yourself, and learn to channel your energies into the things you want to accomplish. Make the rest of your life the best of your life by honouring and living life on purpose. **Fee:** \$20. *Sponsored by Elaine Dandy & Christine Miranda*

“How to Love Yourself Unconditionally” with Darlene Montgomery

Loving others can be easy. Loving yourself can be the hardest thing you ever do. In this workshop, learn how to let go of that critical voice in your head. Discover quick techniques to build self-love and self-worth. Identify beliefs that are holding you in a pattern of self-abuse, and let go of guilt and self-punishment. Then you can start loving yourself and others unconditionally. **Fee:** \$25. *Sponsored by Shoppers Drug Mart, Kingston Rd. &*





**MANIFEST YOUR
LIFE DREAMS**
Saturday, May 14th
10:00 am to 3:00 pm

SATURDAY PROGRAMS (CONTINUED)

“Manifest Your Life Dreams” - Facilitator: Darlene Montgomery

In this workshop, you will identify your most important life dreams, and learn how to give them priority. Create a Vision Board where you can see your dreams being fulfilled. Use the Law of Attraction to manifest your life dreams, and learn to channel your internal and external energies to focus on achieving them. *All materials will be supplied. If you have magazines to share, please bring them along. Dress comfortably. Fee: \$25. Sponsored by TD Financial Group*

REGISTRATION INFORMATION

IMPORTANT – YOU MUST PRE-REGISTER TO ENSURE YOUR PLACE!

- Women of limited income are welcome to apply for subsidy.
- There are a limited number of subsidies available for each program, so please arrange early.
- All programs and workshops are held at the Centre unless otherwise noted.
- A minimum number of registrants is necessary for a program to proceed.
- If you have any special needs or a disability we should consider, please let us know.
- You will receive a reminder call (or email) 1 to 2 days prior to the start of the program. Please ensure we have your correct contact info, and confirm that it is safe to leave a message.
- To guarantee your place, we recommend that you pay in advance.
- There is a \$10 minimum for Visa & MasterCard transactions.
- A \$5 fee will be charged for cancelled registrations.
- We apologize, but handouts cannot be provided to those who do not attend the workshop.

“ I have been to several workshops over the last few months, and have more confidence as a result. ”



Phone: (416) 439-7111



Mail: Enclosing a cheque or money order



Walk-in: Monday to Thursday 9am-5pm;
Friday 9am-4pm



E-mail: adminassist@scarboroughwomenscentre.ca



Website: www.scarboroughwomenscentre.ca
(download form and mail or fax it in)



Fax: (416) 439-6999
(cut off registration form below and fax in)

Directions: Driving:

Taking 401 - Exit at Markham Road, go south on Markham Road. Turn right in driveway before Ellesmere Road. Free parking is available.

Public Transit (TTC):

From Scarborough Town Centre take the *Neilson 133* bus to Markham Road, or the *Highland Creek E 38* bus to Markham Road. From York Mills Station (Yonge subway line) take *York Mills 95B, 95D* or *95F* bus to Markham Road. From Warden Station (Bloor subway line) take any *Markham 102 (except 102S)* bus to Ellesmere Road.

Please return this form for programs and workshops you plan to attend.

WINTER/SPRING/SUMMER 2011 REGISTRATION FORM

Name: _____ Phone: _____

Address: _____

Postal Code: _____ Email Address: _____

Enclosed is my cheque for \$ _____, payable to “Scarborough Women's Centre.”

Visa/MasterCard # _____ Expiry Date ____/____ Total Amount _____ Signature: _____

Please call our office (416) 439-7111 if you are unable to attend in order to help us ensure that no one remains on a waiting list.

Course Name(s): _____

Also enclosed is my donation of \$ _____

I would like to receive a membership information package ☐

Scarborough Women's Centre is a charitable organization - 10795 9660 RR0001