

started talking. And then I realized there are people like me, and it was okay to talk."

Talk turned to action, and with continued and constant support from her friends at Early Years and Women's Place, Sarah took control

would be in an asylum, or I would have just killed myself."

"From my birth I was isolated, so it's nice to talk to someone who would listen and respect you for who you are."

When you're socialized to believe



of her life and eventually left her husband.

What was once too painful to talk about, has become a motivating story for other women at Community Kitchen, where Sarah now volunteers her time.

It is community programs like these offered at Malvern Family Resource Centre that give women like Sarah the courage to become confident and increase their self-esteem.

"If they weren't there, I wouldn't have gone anywhere, I would still be with him," she said. "Probably I

there is something wrong with you, and that notion is reinforced throughout your life, it can be hard to break through and realize abuse of any kind should not be tolerated. Often what abused women need more than anything is a kind, supportive ear to listen. Women's Place offers this first step. And when you're ready, they can help guide you through the next steps towards a better life.

— By Elizabeth Zahur  
Journalism Student

\* Not real name.

## Upcoming Events

Details at <http://www.mfrc.org>

### February

|                     |       |
|---------------------|-------|
| Black History Month | 5     |
| Chinese New Year    | 11    |
| Income Tax Clinic   | 25    |
| Charity Orchid Ball | 26    |
| Legal Aid Clinic    | 2, 16 |

### March

|                           |               |
|---------------------------|---------------|
| PA Day Program Gr 1-6     | 5             |
| International Women's Day | 8             |
| Income Tax Clinic         | 4, 11, 18, 25 |
| Legal Aid Clinic          | 2, 16, 30     |
| March Break Program       | 15-19         |
| Annual General Meeting    | 24            |

## Management Team

### Executive Director

Girmalla Persaud

### Program Director

Dave Sora

### Managers

Tim Lam  
Veneise George  
Cathy Mwanza  
Donna Tooze  
Priya Ganesh  
Amy Semenuk

### Site Supervisors

Gajay Selvarajah  
Denise Wilson

### ANC Office

Thiva Paramsothy  
Alex Dow

## Women's Place

is a "women's only" site located in the plaza on the north side of the Malvern Mall at 31 Tapscott Road. It is open 6 days a week (closed Sunday), 12 months a year and offers a wide range of programs and services (see online calendar) including discussion groups, health and wellness workshops, access to housing and settlement counselors and legal advice, computer skills training.

Current services and programs include:

- Information and Referral
- Healthy Women Program
- Beginners Computer Class: teaches basic computer skills, such as Internet use, email, and Microsoft Word
- Seren-I-tea: monthly meeting to chat and share life experiences over a cup of tea

Staff are available to answer any questions by phone at: 416-293-4664 or email to [mail@mfrc.org](mailto:mail@mfrc.org).