



Women's Place

Women Supporting Women and Linking them to Community Services

February 2012

MON	TUE	WED	THU	FRI	SAT
Celebrating Black History Month		1 Let's Discuss It 9:30-11:30 Housing Support 1:00-4:00 (by appt)	2 Let's Discuss It (Tamil) 9:30-11:00 Tea's of the World 1:00-2:00 Strengthening Women Series: Conflict Resolution 5:00-7:00	3 Women's Health Talk: Introduction to Nutrition 1:00-2:30 Women's Self Defense 4:30-5:30	4 Knit One, Give One (Knitting Circle) 9:00-11:00
		6 Women's Health Talk: Seasonal Affective Disorder 4:30-6:00	7 Conversation Café 12:00-1:30 Employment Support 1:00-2:30 (by appt)	8 Let's Discuss It 9:30-11:30 Black History Month Celebration: Dinner and a Movie 5:30-8:00	9 Let's Discuss It (Tamil) 9:30-11:00 Tea's of the World 1:00-2:00 Strengthening Women Series: Conflict Resolution 5:00-7:00
13 Volunteer Exploration 3:00-4:30	14 Conversation Café 12:00-1:30 Employment Support 1:00-2:30 (by appt)	15 Let's Discuss It 9:30-11:30 Housing Support 1:00-4:00 (by appt)	16 Let's Discuss It (Tamil) 9:30-11:00 Tea's of the World 1:00-2:00 Strengthening Women Series: Conflict Resolution 5:00-7:00	17 Women's Health Talk: Hypertension and You 1:00-2:30 Women's Self Defense 4:30-5:30	18 Women's Place Closed
20 Women's Place Closed Family Day	21 Conversation Café 12:00-1:30 Employment Support 1:00-2:30 (by appt) W. P. Book Club 5:30-7:00	22 Let's Discuss It 9:30-11:30	23 Let's Discuss It (Tamil) 9:30-11:00 Tea's of the World 1:00-2:00 Strengthening Women Series: Conflict Resolution 5:00-7:00	24 Women's Self Defense 4:30-5:30	25 Knit One, Give One (Knitting Circle) 9:00-11:00
27 Community Agency Spotlight: TAIBU C.H.C 3:00-4:00	28 Conversation Café 12:30-1:30 Employment Support 1:00-2:30 (by appt)	29 Let's Discuss It 9:30-11:30			

Our Programs

- Community Agency Spotlight
- Conflict Resolution Series
- Conversation Café
- Knit One, Give One
- Let's Discuss It
- Women's Self Defense
- Tea's of the World
- Volunteer Exploration
- Women's Health Talk
- W.P. Book Club

Our Services

- Community Resources
- Computer/Internet Usage
- Employment Support
- Housing Counselling
- Informal Counselling
- Information/Referrals
- Resume Counselling
- Volunteer Training

Centre Location

Women's Place
31 Tapscott Road
Malvern Town Centre
Scarborough, ON
M1B 4Y7



Contact Info

Cathy Mwanza
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416-293-4664
www.mfrfc.org

Hours of Operation

Monday 9:00-6:00
Tuesday 9:00-7:00
Wednesday 9:00-7:00
Thursday 9:00-7:00
Friday 9:00-5:00
Saturday 9:00-3:00

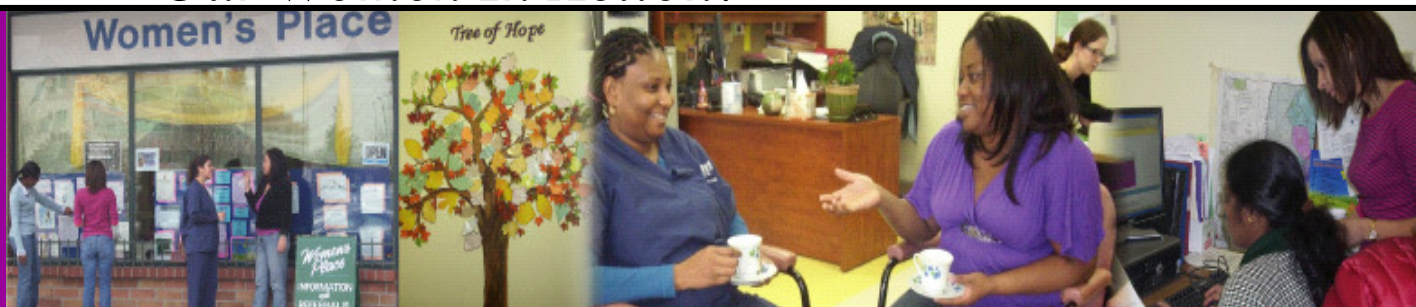


All programs require registration, please call 416-293-4664 to register. Please note that times and locations may be subject to change.

Strengthening Families is Our Business!

Our Women In Action!

“The self-defense classes offered by Women’s Place makes me feel safe. It is giving me the tools to make me feel more confident when I go out.”
~ T.S.



Women’s Place is a **centre** for self help, skill building, mentorship, information and referrals for women in Malvern. We offer a wide range of programs and services that are designed to meet the diverse needs of women.

Women’s Monthly Programs & Services

Black History Month Celebration: Dinner and a Movie

Join Women’s Place as we celebrate the month of February as Black History Month with a dinner and a movie. Movie to be determined. Registration is required. *Wednesday, February 8th, 5:30-8:00 at 1321 Neilson Road.*

Community Agency Spotlight:

Learn more about programs and services offered by community agencies that focus on women. A different organization will present each month. *Offered from 3:00-4:00.*

Call 416-293-4664 for more information.

Computer Classes

Anyone can learn to use a computer—they are not as mysterious or as difficult as you think. Various topics offered *Please call 416-293-4664 for information including days/times of classes and to register.*

Conversation Café

Practice your English through conversations about everyday life in Canada and Canadian culture, while having the opportunity to meet other women. This is a 10 week registered program offered *Tuesdays 12:00-1:30.*

Information & Referral

Women’s Information & Referral is a confidential service for women seeking up-to-date and accurate information about various organizations and services for women. *Offered daily.*

Knit One, Give One (Knitting Circle)

A knitting circle for women of all ages and experiences. Learn not only about different craft techniques, but also about the issues affecting women in our community and around the world. This program will encourage women to understand about various issues but work together on action led projects. *Offered Saturdays from 9:00-11:00.*

Let’s Discuss It

To provide women an opportunity to share experiences, develop friendships, and learn life skills. On-site childminding provided. *Wednesdays (English), 9:30-11:30 & Thursdays (Tamil) 9:30-11:00 at 1321 Neilson Road*

Teas of the World

Learn about the benefits of herbal teas during this 8 week program. Sample, discover and explore teas and traditional ceremonies from around the world. *Thursdays 1:00-2:00*

W. P. Book Club

Are you a woman that loves to read? Meet other women who share similar interest and want to join in on the discussion. *Offered Tuesday, February 21st, from 5:30-7:00*

Generating High Impact Self Help Programs & Services

Employment Support

Support services available for women looking for employment & resume development. Services provided in partnership with On-Track Career and Employment Services. *Services offered Tuesdays from 1:00-2:30. Individual appointments are available. Please call to make an appointment.*

Housing Support

Women’s Place is pleased to announce a partnership with the Federation of Metro Tenants Association. Beginning in February, women will be able to access one-on-one housing support with Vic Natola, who will be able to answer questions around tenant rights, evictions, applying for housing, the law, etc. *Wednesday, February 1st and 15th, 1PM-4PM. Individual appointments are available. Please call to make an appointment.*

Volunteer Exploration

Interested in volunteering but don’t know where to start? Women’s Place will show women how to explore the benefits of volunteering, help women navigate and access information about volunteerism, show the organizations locally, as well as those nationally and internationally that provide volunteer opportunities. Let us inspire you to make volunteerism an important aspect of your life! *Offered Monday, February 13th, 3:00-4:30.*

Women’s Health Talk

In partnership with TAIBU Community Health Centre, each month Women’s Place will be providing workshops on topics that affect women’s health. This month’s topics include: Seasonal Affective Disorder (S.A.D), taking place on Monday, February 6th from 4:30PM-6PM, Introduction to Nutrition taking place on Friday, February 3rd from 1PM-2:30PM and Hypertension and You taking place on Friday, February 17th from 1PM-2:30PM. *Please call to register.*

Strengthening Women Programs

Women’s Self-Defense

Be confident, feel stronger, and get exercise with this 8-week introduction to self-defense. Topics will include striking techniques, pressure points, nerve strikes, and much more! Meet other women who are interested in learning about different ways to keep safe. *Last 4 weeks of an 8 week series*

Conflict Resolution Series

Learn how to resolve conflict without fighting through positive communication and respect. This 8 week registered series will provide you with the tools and techniques designed to strengthen your capacity to advocate for yourself. *Offered Thursdays from 5:00-7:00. Last four weeks of an 8 week program. Please call to register.*