

### *Family Law Workshops - Things You Need To Know Before You Separate*

Victoria Starr, Barrister and Solicitor

Separating from your spouse or thinking of separating?

Disputes over your children and your finances?

This 4-part series workshop will empower you to explore various actions to strengthen your position.

**Thurs. Oct. 16, 2008**

**Wed. Nov. 19, 2008**

**Thurs. Feb. 19, 2009**

**Thurs. Mar. 26, 2009**

6:30 - 9:00 pm

\$10.00 per session

### *Vision Board*

Sonja Scramm

An exercise in consciously creating your future in a way that will meet your needs and fill you with purpose. You will leave with many ideas, lots of encouragement, and a vision board that will show the results you want to create.

**October 30, 2008**

**7 - 9:00 pm \$15.00**

### *Relationship With Self*

Patricia Hurst

The primary relationship is with ourselves and it is the only one that can provide the foundation for wholeness. In this workshop, learn to balance and release behavioural patterns from the past. **\$35.00**

**Thurs. Nov. 6 - Nov. 27, 2008**

**7 - 9:00 pm**

**Sat. Feb. 21 - Mar. 14, 2009**

**10:00 am - noon**

### *Building the Confidence to Achieve*

#### *Your Dreams*

Kelly Bouchard

Are you letting lack of confidence or second-guessing get in the way of achieving what you want out of life?

In this seminar, you'll learn how to unleash the transformative power of thought and how building confidence will reap rewards in every part of your life.

**Sat. Jan. 10, 2009**

**10:00 am - noon \$15.00**

### *Blossom & Flourish*

Jacqueline Osmond Patrick

Use your gift of creativity to express yourself

and nurture your sense of wholeness and well being.

**Sat. Nov. 8, 2008**

**1 - 3:00 pm \$15.00**

### *Empowerment*

Roseanne Stanbury

Nothing in life is permanent; things change. A situation you may be unsatisfied with can change too. We

always have a choice in the thoughts we think and the actions we take. These choices create our tomorrows.

**Thurs. Jan. 15, 2009 to Thurs. Jan. 29, 2009**

**Three weeks**

**7 - 9:00 pm \$25.00**

### *Dare, Dream, Design, Do*

Ophelia Rigault

A self-empowerment workshop to help you create

your authentic life. Have you recognized the

need for change in your life, but feel uncertain

about where to begin? This workshop is designed

to give you a new outlook and direction in four steps.

**Sat. Jan. 17, 2009**

**1 - 3:00 pm \$15.00**

### *How To Be Assertive*

Michaela Schwandner

Do you feel your interests being neglected and others

walking all over you? Then this is the workshop

for you! Learn about assertive body language and

communication and practice them in fun exercises

with others.

**Sat. Jan. 24 and Jan. 31, 2009**

**10 am - 1 pm \$25.00**

### *Life Coaching*

Sandra Strauss

Life coaching helps you move forward from where

you are to where you want to be. It is a co-operative

partnership with a qualified coach who can help you

achieve a greater level of clarity and focus on positive

action to ensure results.

**By appointment - Call for information and fees**

### *What Is Your Personality Quotient?*

Carol Macdonald

Using the DISC model of human behaviour can help you understand your primary and secondary personality styles, reduce stress, and improve relationships.

**Thurs. April 16, 2009**

**6:30 - 9:00 pm \$15.00**

### *Awakening To Your Life's Purpose - "Awakened Doing"*

Anne Bourke

Be inspired to become more aware of your beliefs, assumptions, and expectations that decrease your vibrational energy. This workshop will give you the tools to create more serenity and joy in your life. Based on Eckhart Tolle's book.

**Thurs. April 9, 2009**

**7 - 9:00 pm \$15.00**

### *Transformative Mindfulness*

Melvina Walter

Recognize and interpret your body's messages to discover inner truth and empower yourself to physical, mental and emotional well-being. This technique uses relaxation, visualization, and meditation tools to transform pain and stress into positive outcomes.

**By appointment - Call for information and fees**



THE ONTARIO TRILLIUM FOUNDATION



LA FONDATION TRILLIUM DE L'ONTARIO

Charitable Number 134949395 RR 0001



## The Women's Centre

Hopedale Mall

1515 Rebecca Street, Suite 229

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Support · Programs

Information · Referral

## Welcome to The Women's Centre

*The Women's Centre is dedicated to assisting women through times of crisis, distress and transition by providing support services and programs to effect positive change.*

### Our Services

- Crisis & Violence Intervention
- Peer Counselling and Support Groups
- Workshops and Educational Courses
- Employment Counselling
- Self-Employment Training Program
- Legal Clinic
- Information and Referral
- Resource/reading Library
- Computer & Photocopier Access

## Peer Counselling

### Going through a difficult time?

Peer Counsellors provide one-on-one support, by phone or in person, for women facing abuse, grief/loss and relationship issues. Confidentiality assured. No appointment necessary. Call or Drop-In.

Counselling hours only:  
Mon. Tues. Thurs. 10:00 am - 3:00 pm  
Saturday 10:00 am - noon

Payment for workshops required upon registration.

The Centre is open to all women, regardless of age, ethnicity, religion, or sexual orientation.

## Support Groups

**Women of Wisdom (W.O.W)** Patricia Hurst  
Over 50? Join this informal support group that meets on the **second Thursday** of each month. Guest speakers, group discussions and special events.  
Thurs. Sept. 11 - June 11, 2009 10:00 am - noon

**Caring & Sharing Circle** Patricia Hurst  
A supportive group that deals with every day issues. Come and share your challenges, life experience and wisdom.  
Thurs. Sept. 18, 2008 weekly to July 2009 1 - 3:00 pm

**Spanish Social Group** Monica Rolling  
For Spanish speaking women. Come and meet new friends, enjoy guest speakers and participate in community events. **3rd Thursday of each month.**  
Thurs. Sept. 18, 2008 ongoing - June 19 2009 12:30 - 2:30 pm

**Abuse Support Group** Dona Reid  
A confidential group for women who have experienced any form of abuse. A safe environment to share your story and receive the tools and support needed to empower your life. Please call for Registration. **Weekly.**  
Wed. October 1, 2008 - Wed. June 24, 2009 5:30 -7:30 pm

**Separation/Divorce Group** Deborah Hargrove  
Are you going through the painful experience of separation or divorce? You are not alone. This group will provide a safe environment where you can share your concerns and receive support. **(6 weeks)**  
Wed. Oct. 8 - Nov. 12, 2008 7 - 9:00 pm \$40.00

### Counselling Services In Spanish

**Consejería en Español** Nora Hovland  
Spanish Speaking Counselling is being offered for women that are new comers, or going through difficult times.  
Tuesdays by appointment only - Call for information.

**Grief Clinic (In Spanish)** María Olga Castaño  
Recognize the different symptoms of grief/bereavement, finding relief through releasing the emotions that cause the suffering. **3rd Thursday of month. Sept - June, 10 am - noon.**

### Family Law Legal Clinic

## Employment, Legal, Tax Returns

Lydia Moritz, Barrister & Solicitor  
Advice and guidance on family issues around separation/divorce, child/spousal support, and child custody/access. Women only.  
**First Monday of each month. No appt. (first come, first served)** Call for info. **Sept. 8, 2008 6:30 -8:30 pm**

### Employment Network

Norma Pennington-Drabble  
Unemployed? Learn resume writing, job search, interviewing and networking skills.  
**Tues. Sept. 16 to Nov 25, 2008 10:00 am - noon**  
**Tues. Jan. 13 to Mar. 31, 2009 10:00 am - noon**

**Income Tax Assistance** Colleen Dugard  
Call or visit our website for financial eligibility.  
**Mon. Feb. 23, 2009 Mon March 23, 2009**  
**Mon. April 6, 2009 Mon April 20, 2009**  
**10:00 am - noon**

### New Start Entrepreneurial Program

Elizabeth Skronski  
Would you like to start your own business? Not sure where to begin? Through the New Start Program, learn from experts in various business fields to receive the mentoring and support to help you succeed.  
**Sept. 29, 2008 - Jan. 25, 2009**  
**9:30 am - 3:30 pm Monday, Wednesday, Friday**

### Meditation

Yvonne Keogh

Start your day in the perfect way by riding the wave of

## Programs & Workshops

group energy. Meditation helps you relax and energize the body; tap into tuition; connect to the silence of your spirit and bring about transformation in awareness and energy.  
**Tues. Oct. 7, 2008 - Ongoing 9 -10:00 am Donation**

### Writing Your Way

Ellen Jaffe  
Learn to explore journaling and other forms of creative writing as a way of tuning into your feelings and dealing with the events of your life story.  
**Sat. Oct. 18, 2008 1 - 3:30 pm \$15.00**

### Change Your Story - Change Your Life

Ester Bartkiw  
We all get caught up in the story of our lives. Yet often our story works against us, keeping us stuck; creating the same situations and experiences over and over again. What is the story that keeps you stuck?  
**Thurs. Oct. 23, 2008 7 - 9:00 pm \$15.00**

**Healthy Relationships** Patti Wilson  
We are social beings, and we are presented with the greatest opportunities for personal growth through the challenges in our relationships with others. We will look at relationship styles, roles we play, and ways to create healthier relationships through boundary-setting and conscious communication.  
**Sat. Oct. 25, 2008 1 - 4:00 pm \$15.00**

**Building Self-Esteem** Ingrid Zollikofer  
In a safe and confidential environment, participants will work together to explore tools and strategies with a goal to becoming more pro-active and self-confident. A four-part weekly structured group. **\$35.00**  
**Sat, Oct. 25 - Nov. 15, 2008 10:30 am - 12:30 pm**