

Programs and Workshops

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 behavioral patterns from the past.

Thursdays — October 8, 15, 22, & 29 7:00 pm to 9:00 pm
Saturdays — February 6, 13, 20 & 27 10:00 am to noon
\$35.00

Family Law Workshops - 16 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.

Thursdays 6:30 pm to 9:00 pm
November 5, 12, 26 & Dec 3 (4 weeks)
March 4, 11 & April 1, 8 (4 weeks)

\$10.00 per session

OR

Saturday (full day) 9:00 am to 4:00 pm
October 17, 2009 or January 30, 2010 \$40.00

Embracing Change

Anne Bourke & Elizabeth Skronski

This workshop will explore methods to cope with change: exploring, expressing and releasing feelings during the change cycle.

Discovering limiting beliefs about change and choosing different thoughts. Outlining self-care methods to nurture yourself physically, emotionally and spiritually.

Thursday, January 14, 2010 7:00 pm to 9:00 pm
\$15.00

How To Be Assertive

Karen Dowell

Love yourself enough to ask for what you need. Do you feel your interests being neglected and others walking all over you? This workshop will give you the tools and a chance to practice. Learn about assertive body language and communication and practice them in fun exercises with others.

Saturdays (2 weeks)
February 6 & 13, 2010 1:00 pm to 3:00 pm
\$25.00

Grief Recovery

Linda Corry

Information and affirmation to assist you to listen to the wisdom of your heart and to take action to recover from the pain of loss, whatever the nature of the loss, and whenever it occurred or will occur.

Saturday, February 27, 2010 1:00 pm to 3:00 pm
\$15.00

Colourful Self Improvement 7 Keys to a Happier, Healthier, Wealthier You

Francesca Durham

Through this interactive presentation, you will be guided on a personal journey of self discovery through the foundations of colour, the Chakras, the healing and restorative qualities of radiant energy and more...

Saturday, March 6, 2010 10:00 am to noon
\$15.00

Journey To Joy Six steps to Joyful Living

Barbara Ashcroft

Joyful people have a sense of inner peace. They live fulfilling and rewarding lives. Discover the six steps to joyful living and you too can begin to live a happier and more satisfying life.

Saturday, April 17, 2010 10:00 am to noon
\$15.00

Artist's Way

Jacqueline Osmond Patrick

Use your gift of creativity to express yourself and nurture your sense of wholeness and well being. This workshop will help you work through obstacles that are blocking your innermost dreams and aspirations from becoming a reality.

Thursday, April 29, 2010 7:00 pm to 9:00 pm
\$15.00

Reiki Treatment

Reiki is an ancient healing technique that restores energy balance and vitality by relieving unreleased stress. Reiki energy brings peace of mind, relaxation, clarity and calmness to your life.

Call for appointment

20% Discount for Members

Self-Esteem Coaching *NEW PROGRAM

Sam Brabender & Karen Perenyi

Participants will work one-on-one with a Life Coach to explore tools and strategies to increase self-worth and self-confidence. Coaching will enable you to reduce stress levels, build self-esteem and empower your life.

Call for appointment

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

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 by using relaxation, visualization and meditation tools to transform pain and stress into positive outcomes.

By appointment — Call for information

www.haltonwomenscentre.org

Check our website for additional workshops/courses offered and complete program information.



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www.haltonwomenscentre.org

Program Brochure 2009—2010

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.

Peer Counselling Hours

Monday, Tuesday & Thursday 10:00 am to 3:00 pm
Saturday 10:00 am to noon

Payment for workshops is required upon registration.

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

Support Groups

Women of Wisdom (WOW) *Patricia Hurst*

Over 50? Join this informal support group. Guest speakers, group discussions and special events. Check our website for monthly speakers.

Second Thursday of each month
September 10, 2009—June 10, 2010 10:00 am to noon

Caring & Sharing Circle *Patricia Hurst*

A supportive group that deals with every day issues. Come and share your challenges, life experiences and wisdom.

Weekly on Thursdays
September 10, 2009—July 29, 2010 1:00 pm to 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.

Third Thursday of each month
September 17, 2009—June 17, 2010 12:30 pm to 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. Call for registration.

Weekly on Wednesdays
September 30, 2009 ongoing 5:30 pm to 7:30 pm

Separation/Divorce Group

Cynthia Black & Kelly Harrison

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.

Wednesdays (6 weeks) 7:00 pm to 8:30 pm
October 7, 2009—November 11, 2009 \$30.00

Counselling Services In Spanish

Consejeria en Español *Nora Hovland*

Spanish speaking counselling is being offered for women who are newcomers or going through difficult times.

Tuesdays by appointment only — Call for information

Caring Across Cultures *NEW PROGRAM (Counselling For Immigrant Women)

Support for immigrant women experiencing abuse, grief, loss, or self-esteem issues. Counselling by phone or in person. Services offered in Spanish, Urdu, Hindi, Tamil, Punjabi and Arabic.

Starting in November — Call for appointment

Funded by The Trillium Foundation

Employment, Legal, Tax Returns

Family Law Legal Clinic

Lydia Moritz, Barrister & Solicitor

Advice and guidance on family issues around separation/divorce, child/spousal support, and child custody/access.

Women only. Call for info.

No appointment (first come, first served)

First Monday of each month 6:30 pm to 8:30 pm
September 14, 2009—June 7, 2010

Employment Network

Norma Pennington-Drabble

Unemployed? Learn resume writing, job search, interviewing and networking skills.

Tuesdays — By appointment or drop-in

September 28, 2009 — Nov. 24, 2009 10:00 am to noon
January 12, 2010—June 29, 2010 10:00 am to noon

Income Tax Assistance *Colleen Dugard*

Call or visit our website for financial eligibility.

Mondays 10:00 am to noon
February 22, March 8, March 22, April 12 & April 26

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.

Monday, Wednesday, Friday 9:30 am to 3:30 pm
September 28, 2009 — January 29, 2010

Programs & Workshops

Moms Offering Moms Support (MOMS)

Sam Brabender

Being a Mom isn't easy. A confidential group for Moms who want to meet other Moms. An opportunity to take off the "perfect Mom" mask in a safe, non-judgmental environment. A chance to unwind without children.

Mondays weekly 9:30 am to 11:00 am

September 21, 2009 ongoing

\$5 per session

Location: ** 11-1155 North Service Road West, Oakville **

Meditation

Anne Gorman

Learn to reduce tension, let go of stress and clear blocks preventing you from moving on. Meditation will help to clear and balance your energy system. Learn to centre yourself and quiet your mind.

Thursday, February 4, 2010 7:00 pm to 8:30 pm
\$10

Defining Your Core Values

Laura Jones

Core Values create the guiding structure of your life. In this workshop learn how to define and refine your unique Core Values. We will explore the Key Core Values of Happiness and set you on a journey home to your self.

Thursdays (2 weeks)

February 11 & 18, 2010 7:00 pm to 9:00 pm
\$20.00

Change Your Mind, Change Your Life

Patti Wilson & Art Wenk

Learn about the mind (it's vaster than you think), the influence memory exerts on your life, and strategies for emotional health through mind and body. Exercises will demonstrate proven techniques for dealing with stress, depression, anxiety and trauma.

Saturday, November 14, 2009 1:00 pm to 4:00 pm
\$15.00