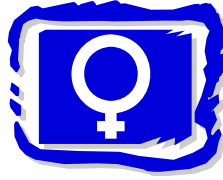


WELCOME TO THE WOMEN'S PROGRAM



STONEGATE COMMUNITY HEALTH CENTRE

The Women's Program is designed to reach out to women in our community, especially to those who feel disadvantaged or isolated. The Women's Program offers the following activities:

INFORMATION, REFERRAL AND ADVOCACY

In accordance with women's needs, this activity aims at providing women with useful information on how to access different resources in South Etobicoke and other areas of Toronto. Advocacy and referrals are a crucial component of social services provided for women at the Stonegate CHC.



INDIVIDUAL SUPPORT AND COUNSELING

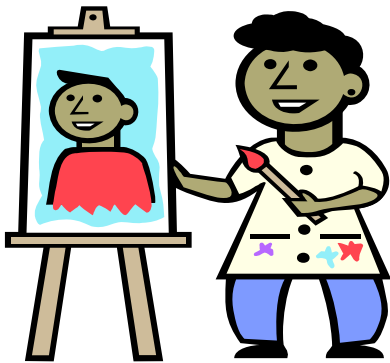
Individual support and mental health counseling are provided for a variety of issues and challenges that women may face in daily life as life transitions, decisions making dilemmas, professional development, relationships issues, depression, existential anxiety and others.

WOMEN'S PROGRAM

This group runs every Wednesday, from 12:30 pm to 2:30 pm. This is a:

A safe place where women can meet, network, learn, remain active and have fun.

Childcare and TTC tickets are available upon request



For more information about services for women in the Stonegate Community, call Jill at (416) 231-7070, ext.282 or email her at jill.macdonald@stonegatechc.org. Your correspondence will be held in confidence.

SELF – EXPRESSION GROUPS

These groups are:

Offered 4 times a year for 8 (eight) to 10 (ten) week cycles.

Provide a safe space for the participants to obtain information.

Meet other women with similar interests.

Self - expression and arts are used as means to express feelings, relieve stress, discover strengths, increase self-confidence and self-esteem therefore find ways to live more creatively.

Such self-expression groups include: Art classes, Aerobics classes, Dancing Classes and Self-Esteem groups.