

Women Supporting Women

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

We believe each woman who comes through our doors is important and unique. We offer a safe, compassionate place to explore life and relationships.

At The Women's Centre we provide an opportunity for women to learn, grow, and recognize their own strengths and abilities. Through individual coaching, supportive counselling, support groups, and workshops, we educate women to find solutions to their own life situations.

We are committed to working from an inclusive anti-oppressive framework to assist women from all cultures, racialized groups, socio-economic backgrounds, sexual orientation and gender identities.

We offer a holistic way in dealing with life in times of crises. We strive to help women through empowerment workshops, and a strong emphasis on nurturing community connections in a whole person framework perspective.

MAKE A DONATION

Financial donations enable us to continue running the valuable programs and workshops we offer. We welcome donations in any amount. Direct donations can be made with cash, cheques and Visa. We are a registered charity and will provide tax receipts for donations over \$10.00. Donations can also be made online through Canada Helps or directly through the Centre.

BECOME A VOLUNTEER

The Women's Centre volunteers are a diverse group of women dedicated to assisting women in our community. If you are interested in joining our dynamic team, please visit our website for more information or call 905-847-5520 for more details.

Check our website for additional workshops, courses and services offered, and complete program information.
www.haltonwomenscentre.org



THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO

Charitable Number 134949395 RR 0001



The Women's Centre

Support
Educate
Empower

South Oakville Centre
1515 Rebecca Street, Suite 229
Oakville, ON L6L 5G8
Tel: 905-847-5520
Fax: 905-847-7413

Website: haltonwomenscentre.org
Email: admin@haltonwomenscentre.org

Support Groups

Abuse Support Group

A confidential group for women who have experienced any form of abuse (physical, emotional, sexual or financial). A safe environment to share your story receive the tools and support needed to empower your life.

Separation & Divorce Group

This group will provide a safe environment to share your concerns and receive support & connect with other women.

Grief Support Group

This group will allow a safe space for women to share their experience and to encourage and support one another.

Self-Esteem Group

An empowerment series that focuses on making positive changes in your life and facing challenges head on.

Programs

New Start Entrepreneurial Program

Do you have a business idea? Learn from experts in the field on how to start your own business in this informational program. Call for more information, now accepting applications.

Employment Program

New to the workforce? Been out of a job for a while? Having difficulties securing long term employment? This program will teach modern resume and cover letter writing techniques, interview skills, networking, computer skills and job search skills.

Counselling

Drop in Peer Support Counselling

Going through a difficult time? Our Supportive Counsellors provide one-on-one support, by phone, or in person for women facing challenges in their everyday life.

Drop In Hours:

Monday 10am-3pm, 6pm-8:30pm
Tuesday 10am-3pm
Thursday 10am-3pm
Saturday 10am-12pm

Clinics

Legal (one-to-one) Clinic

Advice & guidance on family issues around separation/divorce, child/spousal support and child custody/access. Drop in service, first come, (first 4 women only) half hour advice per woman. First Monday of every month 6:30pm-8:30pm.

Legal Information Clinics

Monthly information clinics on various topics such as child access, restraining orders, peace bonds, (dual) charges, court processes, separation agreements, protecting yourself from abuse after separation, Q&A sessions.

Income Tax Clinic

Income tax assistance. Call or visit our website for financial eligibility and dates of clinic.

**For information about programs, workshop fees,
or to register please call
905-847-5520**

Programs & Workshops

WOW (Women of Wisdom)

A women's group (50+), dealing with everyday issues and includes guest speakers, workshops and a caring circle. Runs monthly.

Family Law Workshop

Separating from your spouse or thinking of separating? One day workshop will empower you to explore various options to strengthen your position.

Conversation Circle

Open to women seeking new connections. Join us for a cup of coffee in a relaxed environment. Weekly topics, guest facilitators, Monday's ongoing.

Healing through Writing Workshop

Everyone has a story, a journey that they are on. The healing work of writing allows us to heal as we put our experiences to paper. Facilitated by an experienced author, this workshop will be a guide to getting your story published.

Finding the Happy You

Set of practical and straight forward tools for developing happiness and meaning in everyday life.

Community Connections through Art

Art and music can be a soothing relaxing way to get through those tough moments in life and what better way to get through them then sharing this with other women? Variety of monthly workshops.

Holistic Approach to Health

Various topics related to Women's Health. Interactive workshops run monthly. Call for more info and monthly topic.

**Plus many more exciting workshops! For additional
workshops check out our website.**