

FEBRUARY NEWS

WOMEN CENTRE OF PEEL

"Every woman's place for strength and strong family connection"



Child Care Provided within

Contact us

3585 Laird Road unit 13
Mississauga, L5L 5Z8 ON Canada

Phone: 905-820-5600

Email: admin.wcp@bellnet.ca,
admin@womenscentreofpeel.org

Website: www.womenscentreofpeel.org

Business hours Monday to Friday: 10 am-6 pm



FEBRUARY 2012

Mon	Tue	Wed	Thu	Fri
			 2 Sewing & Craft 1-3 pm	3
 6 Zumba Fitness 11-12:30 pm Positive Teens (Girls) (14-17) 4:00-6:00pm 	 7 Employment Network (Women) 1:00-3:00 pm ♦ Friends (All girls) 4-6pm 	 8 ♦ Cook It Up 3-5 pm (All women) ♦ MIX IT UP 7-9PM (All Youths) 	 9 Sewing & Craft 1-3 pm	10
 13 Pilates for beginners 11-12:30 pm Girls Amidst (9-13) 4:00-6:00pm 	 14 Sister's Circle (Women) 1:00-3:00 pm ♦ Friends (All girls) 4-6pm 	 15 ♦ Women's Circle 3-5pm ♦ MIX IT UP 7-9pm (All Youth) 	 16 Sewing & Craft 1-3 pm	17
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“EVERY WOMAN’S PLACE FOR STRENGTH AND STRONG FAMILY CONNECTION”

MONDAY:

- ◆ Two hours of fitness class, image, healthy living and sexuality education.
- ◆ Two hours of after school program for teenage girls on media literacy, personal responsibility and violence prevention.
- ◆ Two hours after school program for older girls develop critical skills and build self-esteem.

TUESDAY:

- ◆ Employment Network is a two hour discussion table for women that want to up skill, unable to find jobs and opportunity for computer skills enhancement & image management.
- ◆ Sister’s Circle is a two hours mental health support program that features various topics of interest
- ◆ Friends Program is a two hour program specially designed for girls physically and mentally challenged.

WEDNESDAY:

- ◆ COOK IT UP is a two hours support program to assist newcomer women.
- ◆ MIX IT UP is a two hours youth led United Way of Peel and Region sponsored project that engages youth with critical thinking skills, racism and gender bias through Photo Voice.

THURSDAY:

- ◆ Our Sewing & craft is a two hour class for both teenage, young women and older women to break isolation while learning new skills.

NOTE:

- ⇒ **WCP PROVIDE DROP IN CASE MANAGEMENT, CRISIS INTERVENTION AND SUPPORT SERVICES.**
- ⇒ **WE INVITE WOMEN IN NEED OF DIAPERS FOR THEIR CHILDREN TO PLEASE CALL OR VISIT FOR SUPPORT.**
- ⇒ **WE REQUIRE THAT YOU CALL TO REGISTER FOR PROGRAMS EXCEPT FOR DROP IN SERVICES.**

***3585 LAIRD ROAD UNIT #13
MISSISSAUGA, ON L5L 5Z8
905 820 5600; admin.wcp@bellnet.ca
FOR MORE INFORMATION PLEASE VISIT OUR WEB SITE
www.womencentreofpeel.org***