

WOMEN CENTRE OF PEEL

Every Woman's place for strength and strong Family connection

WOMEN CENTRE OF PEEL is a non-profit organization that provides women and girls with services, opportunity for self- development and community connection. We are committed to providing women with a holistic service that supports spiritual, psychological, emotional, and physical well-being. We recognize the social, environmental, economical, physical and cultural factors that impacts women's health. We value women's own knowledge and skills and their right to a service which provides for privacy, informed consent, confidentiality and safety. WCP works from women Centered Health framework to economically empower women in order to prevent and overcome the impact of gendered violence. We are committed to supporting Women make positive changes in their lives; negotiate their environment with ease while providing education and information that encourages healthy relationships

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SISTER'S CIRCLE

Over 50% of women who live with mental illness have previously experienced some sort of trauma such as physical or sexual abuse (either during childhood or adulthood). Domestic violence can cause an adverse ripple effect on the emotional and psychological state of a survivor. Panic attacks, post-traumatic stress disorder, substance abuse, depression and anxiety are often ignited by domestic violence and/or other severe forms of abuse.

LEARN ABOUT ISSUES, CONNECT WITH FRIENDS, ENGAGE IN OUR PROGRAM AND BE ACTIVE TO MINIMIZE HEALTH ISSUES

JOIN US FOR A **FREE** FUN WORKSHOP STYLE PROGRAM. TO REGISTER SEND AN EMAIL TO admin@womencentreofpeel.org

VIEW OUR CALENDAR FOR THE DATES
FOR MORE INFORMATION CALL

416 346 0295

"SISTER'S CIRCLE" is a program that assists people understand the inter-relationship/connectedness between domestic violence, abuse, trauma, homelessness, and mental health issues. It supports women learn to break isolation and build stronger ties and connection with family, friends and the community. Women Centre of Peel encourages women to share their knowledge, skills and experience with others. Our mentorship delivery model is structured to enhance women's social well-being and community vitality. This is a great tool that fosters friendship, breaks isolation, provides community engagement and volunteerism and provides leadership opportunity to women.

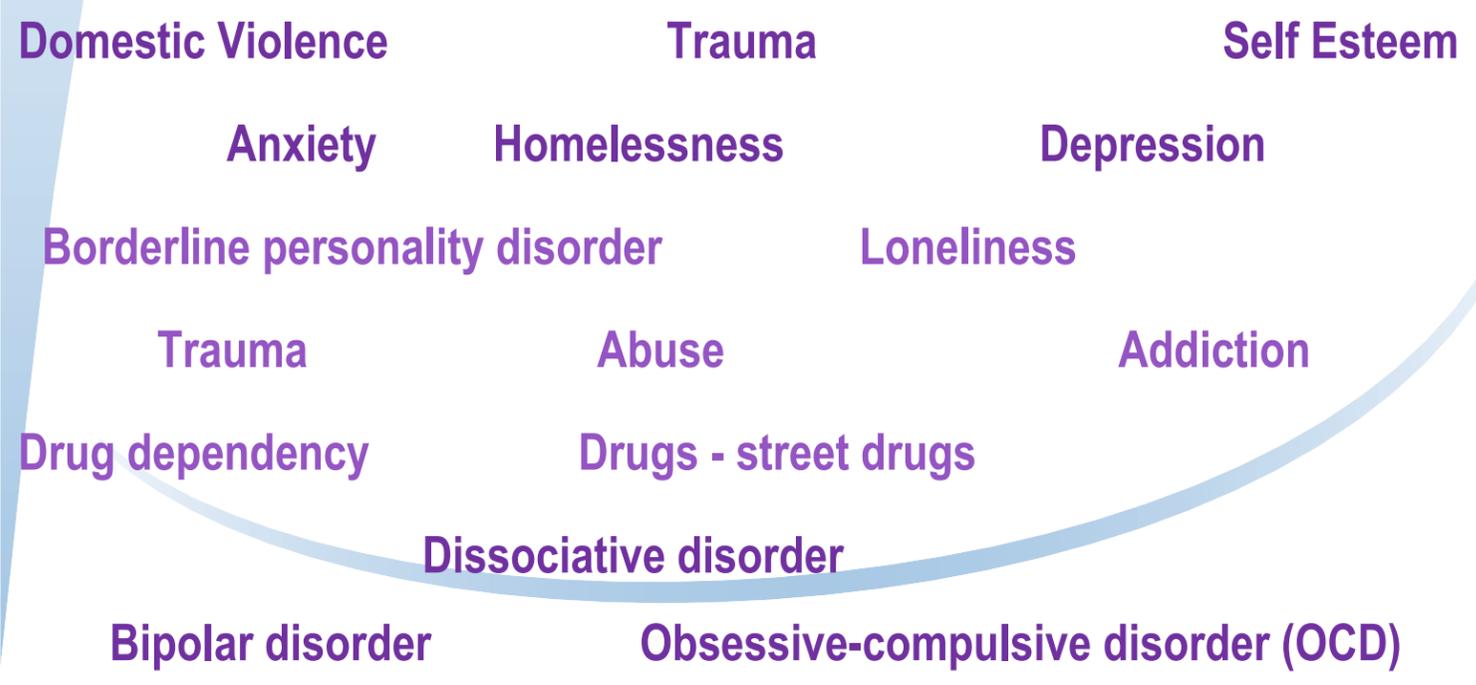
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In this program, we will discuss the stereotypes on women as it relates to youth, young and old; provide seniors with an inter / multi relationship with middle aged, younger adults and youths. All Participants including the seniors will share happiness, security, support and a sense of purpose. Being connected to others is important for mental and physical wellbeing and can be a protective factor against social isolation, anxiety and depression. Included in this project is a mental health education, movie and fun activities.

This program will discuss the following issues:

Women's Health



MENTAL HEALTH



Borderline Personality Disorder:

Borderline personality disorder (BPD) is a serious mental illness marked by unstable moods, behavior, and relationships. Most psychiatrists and other mental health professionals use the DSM to diagnose mental illnesses.



Dissociative disorder

Your sense of reality and who you are depend on your feelings, thoughts, sensations, perceptions and memories. There are five types of dissociative disorder



Depression, Anxiety and Isolation:

Depressive disorder which mostly is referred to as Depression is a mood characterized by varying degrees of sadness, disappointment, loneliness, hopelessness, self-doubt, and guilt. Excess anxiety and anxiety disorders are often related to the biological makeup and to life experiences of the individual. Isolation is being separated from other people and your environment. Sometimes this occurs through decisions we make ourselves, or because of circumstance. Depression and bipolar disorder are two mental illnesses that change the way people feel and make it hard for them to go about their daily routine.

Bipolar disorder:

Depression and bipolar disorder are two mental illnesses that change the way people feel and make it hard for them to go about their daily routine. Bipolar disorder is a mental health problem that mainly affects your mood. If you have bipolar disorder, you are likely to have times where you experience:

- × manic or hypomanic episodes (feeling high)
- × depressive episodes (feeling low)
- × potentially some psychotic symptoms during manic or depressed episodes

Obsessive compulsive disorder

Obsessive-Compulsive Disorder (OCD) is a common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and behaviors (compulsions) that he or she feels the urge to repeat over and over. (OCD) has two main parts: obsessions and compulsions.

- Obsessions are unwelcome thoughts, images, urges, worries or doubts that repeatedly appear in your mind.
- Compulsions are repetitive activities that you do to reduce the anxiety caused by the obsession.

Human beings are naturally social animals. When we find ourselves becoming isolated, we should take that as a warning sign that we are turned against ourselves in some basic way. If not already there, we are on a path toward feeling bad, lonely, introverted or even depressed.

