

# About Us

We are a non-profit organization that provides women and girls with services and opportunities for self development and community connection. We are committed to providing women with holistic services that support their spiritual, psychological, emotional, and physical well-being. We value women's knowledge, skills and right to a service.

We are committed to supporting women make positive changes in their lives.



*Child Care Provided Within*



**OFFICE HOURS**  
Monday to Friday | 10am-9pm  
Saturday | 10am-6pm

***“SUPPORTING  
WOMEN MAKE  
POSITIVE  
CHANGES IN  
THEIR LIVES”***



***“Every woman’s place for  
strength and strong family  
connection”***

## **Centre Brochure**

### Contact Us

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Website:

[www.womencentreofpeel.org](http://www.womencentreofpeel.org)

# WCP SERVICES AND PROGRAMS

## INDIVIDUAL COUNSELLING AND COACHING

Women Centre of Peel drop-in counselling services is open to women 16 years and above desiring a safe space for empowerment, coaching, and counselling.

### WHAT WE DO TO HELP YOU:

- ✓ *Support women accomplish their goals*
- ✓ *Support women understand their strength*
- ✓ *Support women discover their strength*
- ✓ *Assist women in developing their strength*

### COUNSELLING/COACHING CANCELLATION POLICY

If you need to cancel your appointment with us, we require that you inform us at least 24 hours before the appointment time to avoid denying other of their opportunity.

OUR COUNSELLING AND COACHING SERVICES ARE FREE AND CONFIDENTIAL

## Women Support Groups

### *Women's Circle:*

Supports women in violence prevention and provides women with tools for self-advocacy and the skills to diffuse controlling behaviour.

### *Sister's Circle:*

Women with mental health issues come together to break isolation and learn tools to rewrite their narratives.

## Employment Support Services

Job search workshops help women that are unemployed and looking to enhance their skill in the workplace. Women will develop job-searching skills and an in-depth understanding of the Canadian labour market

## Home Domestic Programs

Our home domestic programs gives women the opportunity to broaden and strengthen their life skills in:

- ◆ Sewing and stitching classes
- ◆ Needle and trade craft
- ◆ Home management
- ◆ Healthy cooking/baking
- ◆ Financial literacy classes

## IT Computer Training

Computer training courses offered:

- ◆ Beginners Computer Class
- ◆ Advanced Computer Class
- ◆ Career advancement classes such as QuickBooks software training and Business Analyst certification Exam Support

## Youth Programs

Our program empowers teenage girls to take control and make positive changes in their lives. Among our program services are media literacy, personal responsibility and violence prevention. *Girls Only*

## *Girls Amidst*

Our social networking encourages girls to stay focused, develop critical thinking skills and build self-esteem. *Girls Only*

## *Mix it Up*

Our project is a photo-voice media literacy program that identify areas of discrimination that still persists in our society. For the purposes of this project our take is to expose racism and gender bias in our community. This project will teach youths the art of photography, image interpretation and critical thinking skills.

*For All Youths age 14-24*

## Community and Leadership Training

We are committed to providing opportunities for women, newcomers and immigrants to become more involved in their neighbourhood and community. We build on women's existing skills, assets and ideas, to develop their leadership skills. We do this community development work through a range of self-run groups, leadership training, peer-led trainings, and volunteer development opportunities.

Check our calendar on the website for updates on current workshops and services

[www.womencentreofpeel.org](http://www.womencentreofpeel.org)

