

IN-PERSON WORKSHOPS FOR SENIOR WOMEN (55+)

AUGUST & SEPTEMBER SCHEDULE



Our **Supporting Aging Sisters in Scarborough (SASS)** project at Scarborough Women's Centre (SWC) invites senior women (55+) to participate in a series of in-person workshops that will be held in various Scarborough and Greater Toronto Area (GTA) locations.

REGISTRATION INFORMATION

To register for an upcoming workshop,
please contact:

Maykah Lochan-Aristide
SASS Facilitator

416-439-7111 x 108

facil@scarboroughwomenscentre.ca
or Scan the QR code

Please indicate if you require Presto tickets
and/or disability accommodations
when you register.

Light refreshments will be served.

To learn more, visit:
scarboroughwomenscentre.ca/for-senior-women/



IN-PERSON WORKSHOPS FOR SENIOR WOMEN AUGUST 2026

Reimagining Aging and Addressing Ageism

In this workshop, we will learn more about ageism and discuss strategies to address it. We will also explore what it means to reimagine aging through celebration!

When: *Wednesday, August 26th, 2026 /
10:30 am – 12:30 pm |*

Where: *Scarborough Women's Centre /
2100 Ellesmere Rd. | Suite 245 |*

Please register by: *Monday, August 24th, 2026*



Masks are not required to attend SASS workshops, but are still welcome. If you are feeling unwell, please stay home to prevent spreading anything to other participants.

IN-PERSON WORKSHOPS FOR SENIOR WOMEN

SEPTEMBER 2026

Finding Your Voice

In this workshop, we learn to use our voices & ask for what we need. We will learn ways to build more confidence, be assertive & stand up for ourselves.

When: *Wednesday, September 9th, 2026, 10:30 am - 12:30 pm*

Where: *Scarborough Women's Centre | 2100 Ellesmere Rd. | Suite 245 |*

Please register by: *Monday, September 7th, 2026*

Digital Literacy

In this workshop, we will learn that digital literacy is a life skill. We will explore cyber-security, potential solutions to barriers, and strategies to promote safety during online shopping.

When: *Wednesday, September 23rd, 2026, 10:30 am - 12:30 pm*

Where: *Scarborough Women's Centre | 2100 Ellesmere Rd. | Suite 245 |*

Please register by: *Monday, September 21st, 2026*

IN-PERSON WORKSHOPS FOR SENIOR WOMEN

SEPTEMBER 2026

Healthy Relationships and Safety

In this workshop, participants explore the characteristics of healthy relationships and learn to recognize positive ("green flag") and concerning ("red flag") behaviours. We also discuss different forms of abuse and strategies for supporting someone who may be experiencing an unhealthy relationship. This session is the first of a two-part workshop series, with Part Two offered at a later date

When: *Wednesday, September 30th, 10:30 am - 12:30 pm*

Where: *Scarborough Women's Centre | 2100 Ellesmere Rd. | Suite 245 |*

Please register by: *Monday, September 28th, 2026*

