



Our Mission

The YWCA Niagara Region is part of a national and worldwide movement that is passionate about empowering women and their families by providing safe and supportive housing programs creating opportunity for all women to reach their full potential.



YWCA NIAGARA REGION

Hope for Homeless Women and their Families since 1927

For more information contact the YW's Skills Development Centre Coordinator:

T: 905-988-3528 ext. 3244
E: lifeskills@ywcaniagararegion.ca

Find out more about our services by visiting our website at

www.ywcaniagararegion.ca

www.facebook.com/YWLifSkills
www.twitter.com/YWlifSkills

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t. 905.988.3528 | f. 905.988.3739

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Skills Development Centre

*Rewrite your story.
Start a new chapter.*



YWCA NIAGARA REGION



The YWCA Niagara Region Skills Development Centre offers a number of workshops aimed at empowering women to move forward in their life. We provide a safe and positive environment for learning.

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Solutions to Anger

Solutions to Anger is a program that provides women with tools to effectively resolve anger and to take control of their emotions.

In **six different modules** we talk about solution-based approaches to anger. The program teaches women how to identify their feelings and communicate them effectively and appropriately for the best possible situational outcome.

Brighter Hours in Brighter Days

Brighter Hours in Brighter Days is designed for women who want to look at the stresses of life and how they impact them.

In this **eight week long** workshop, the women will learn about stress and depression and the consequences of negative thinking. We will then talk about goal-setting and tools for self-management and change.



Reframe and Reclaim Program

Reframe and Reclaim is a workshop for women of all ages who are survivors of abuse and trauma.

The **eight week** program is designed to offer building blocks for empowerment, understanding and transition and aims at enabling women to reclaim their lives emotionally, physically and spiritually.



Changing Cents

Changing Cents is an in-depth budgeting program for women. It focuses on long-term financial sustainability and independence.

Over the course of **eight weeks**, we talk about evaluating revenue and expenditures, as well as expenditure tracking and allowances, debt management, credit building and sustainability. Changing Cents aims at helping women and their families to overcome economic barriers.

Healthier Living

Healthier Living is a program for women who have minimal income and who have limited access to healthy nutrition and physical activity.



In this **12 week** workshop, we get together to learn about healthy food choices and how to make the most of a limited food budget to prepare healthy meals. The program also covers holistic wellness approaches, including exercise and sleep.

Employment Series Workshop

Employment Series Workshops is a program designed to help women obtain and maintain employment.

In **five sessions**, we talk about self-improvement, employment exploration, career planning and networking. The goal of the program is to enable women to reach their employment goals as quickly and effectively as possible.

Step Up to Leadership

Step Up to Leadership is a mentoring program designed to help women gain leadership skills and enhance their current skills.

The **ten week** program covers a wide range of areas from personal awareness and development to understanding diversity, importance of team work, effective communication and the planning and chairing of meetings. Our goal is to build confidence in women to become leaders within their communities to create change.

Sex Trade on My Terms (stomt)

Stomt is a **weekly** drop-in centre for women who are engaged in survival sex work.

The drop-in centre offers care packages for women, as well as clothing and a safe space to have good conversation and to access supports or referrals if needed.

Training Opportunity for your Agency

Canadian based Crisis Training - accredited two day program for agencies serving children, youth and adults. The Canadian Training Institute's approach focuses on prevention.

Day One: Defusing anger, resistance and hostility

Day Two: Physical Self-Protection Skills

Cost: \$317 per person - Contact us for more information!

Women's Addiction Recovery Mediation (WARM)

With WARM, women are given the opportunity to access intervention and prevention services while living at home, maintaining a job and family responsibilities and creating a schedule that works for them.

WARM values the unique needs of every woman, addressing issues significant in women's lives in a safe and confidential environment with intervention strategies proven to be effective.

Women and Well-Being

Women and Well-Being provides women with the tools for future growth, personal development, sustainability and goal setting.

In this **eight week** workshop, we will cover topics such as assertiveness, decision making and problem solving, coping skills, goal setting, self-esteem, self-confidence and boundary awareness. The goal is to provide an overall awareness of one's self for future growth.



For non-clients of the YW, a program fee may be applicable. We understand that this may be a barrier to accessing programming and will review each woman's situation individually.