

Topic	Thursday
Healthy Lifestyle	6 <sup>th</sup> October
Reclaiming your body after sexual assault	13 <sup>th</sup> October
Healthy Relationships including sexual health	20 <sup>th</sup> October
Freedom from Abuse	27 <sup>th</sup> October
Tenants' rights and Landlord	3 <sup>rd</sup> November
Life Skills	10 <sup>th</sup> November
Workplace Violence and Harassment	17 <sup>th</sup> November
Sexual Harassment and the law of Consent	24 <sup>th</sup> November
Career and Job Training	1 <sup>st</sup> December
LGBTQ+ communities	8 <sup>th</sup> December
Indigenous Peoples History	15 <sup>th</sup> December
Self-Defense Class	Date will be determined



## WORKSHOPS SERIES SCHEDULE

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*Offered **Every Thursday** from  
4:00 - 6:00 P.M.*

*October to  
December 2016*

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**INTERPRETATION PROVIDED BY  
REQUEST**

**REGISTER AT THE FRONT DESK OR CALL  
416-469-9754, EXT. 228 OR JUST DROP IN**



**FCJ  
Refugee  
Centre**

**FREE  
WORKSHOPS  
FOR WOMEN**