



Centre for Independent Living in Toronto
presents

**A 5 - Part Workshop Series for
Women with Disabilities**

PART I: Self Esteem

PART II: How To Maintain a Healthy Body Image

PART III: Learning the Signs:

Healthy versus Unhealthy Relationships

PART IV: How to Be More Assertive in Our Relationships

PART V: Coping With Stress in Our Relationships

All Workshops will be held at:

Centre for Independent Living in Toronto
365 Bloor Street East, Suite 902
(Bloor & Sherbourne)

Thursdays from 1:00 pm to 4:00 pm on:

Thursday April 1, 2010

Thursday April 8, 2010

Thursday April 15, 2010

Thursday April 22, 2010

Thursday April 29, 2010

Register Early, Space is Limited

To register, contact 416-599-2458 (x270)
Refreshments and Attendant Services will be provided.
Other accommodations may be provided upon request.



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and Social Development Canada

