

EVENTS CALENDAR – February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Convo Club 10am – 12 noon Beechwood Care kits 2pm – 3:30pm	4  WORLD CANCER DAY	5
6	7	8	9	10 Convo Club 10am – 12 noon Beechwood Care kits 2pm – 3:30pm	11	12
13 	14 	15	16	17 Convo Club 10am – 12 noon Beechwood Care kits 2pm – 3:30pm	18	19
20	21 	22	23 	24 Convo Club 10am – 12 noon Beechwood Care Kits 2pm – 3:30pm Launch Cohort starts today!	25	26
27	28 					

GROUP SUPPORT

Eating Disorder Support Group is a group-based support program for individuals aged 18+, currently living with, or who have previously experienced an eating disorder, disordered eating or body image concerns. Runs bi-weekly on Wednesday from 7:15 pm until 8:45 pm.

Power On is a peer support group for and by women who have left an unhealthy relationship. We focus on the future and support each on our journey towards healing and rebuilding our lives. Runs weekly on Wednesday from 11:00 am until 12:30 pm.

To register or for more information about the programs above please contact: Patricia Coucheir at pcoucheir@ywcamoncton.com or (506) 855-4349 ext. 108.

Convo Club - This program offers a safe and welcoming space for women interested in practicing their conversational English. We have an on-site child-minding available as well. No registration is required. For more information please contact: Aaliyah Lahai at alahai@ywcamoncton.com

YOUTH PROGRAMS

Beechwood Drop-In is a free-of-charge drop-in program for children and youth. Activities include exploring science experiments, arts and crafts, reading, games, dancing, music, and lessons on kindness and inclusion. Funded by United Way, Empowered Choices is offered through outreach in the Beechwood Community, and through activities hosted at the YWCA.

Brave YW - A mentoring program for young women and gender-diverse youth, aged 11-19 years old. Youth will be matched with an adult mentor to explore goals, and learn about topics such as healthy relationships, consent, online safety, rights, and learn how to navigate community resources (mental health, employment, housing, etc). Together mentees and mentors will have fun, do crafts, build skills and celebrate achievements! Topics are driven by the needs and interested of the youth. Brave YW can also be offered to groups of youth as well.

To register or for more information please contact: Ashley MacDonald at amacdonald@ywcamoncton.com or (506) 855-4349 ext. 303.

EMPLOYMENT PROGRAMS

Launch Program is an employment readiness program for young women and gender-diverse youth facing challenges entering the workplace. To register or for more information please contact: MJ LeBlanc at mjleblanc@ywcamoncton.com or (506) 855-4349 ext. 304.

YW Employment My Way Program is a Self-Employment training program for women and gender-diverse, which empowers individuals to realize their economic goals through the development of a business plan. Currently offered online on Tuesdays and Thursdays from 6:30 p.m. until 8 p.m.

Digital Smarts is a digital literacy program that supports individuals to enhance their digital skills. Learn how to navigate online, search for resources and entertainments and protect yourself and your family at the same time. Lunch & Learn online workshops runs bi-weekly on Wednesday from 12 p.m. until 1 p.m.

To register or for more information about *Employment My Way* and *Digital Smarts* please contact: us at info@ywcamoncton.com or reach out to us at (506) 855-4349 ext. 101.