

# EMPOWERMENT SKILLS TRAINING WORKSHOPS FOR NEWCOMER, IMMIGRANT AND RACIALIZED WOMEN AND GIRLS

*(2 TIMES A MONTH. COST FREE)*

## REGISTRATION FORM

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Age: 12 – 19  20 – 49  50 – 79

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### WORKSHOP TOPICS:

- i). Canadian Charter of Rights. ii). Gender Based Violence (types, elimination & prevention). iii). Inter-Personal Skills.
- iv). Communication Skills. v). Stress Management. vi). Time Management.
- vii). Self Defence. viii). Motivation. ix). Self Confidence.
- x). Public Speaking. xi). Adaptability. xii). Accountability. xiii). Team Work.
- xiv). Spending/Budgeting Plans. xv). Community Engagement.
- xv). Leadership.

Please submit your completed Registration Form by e-mail to:  
[infowecarefoundationnl@gmail.com](mailto:infowecarefoundationnl@gmail.com)

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