



# CHOICES FOR LIVING

P R O G R A M

“Choices for Living” is a free trauma informed social recreation program for women and gender diverse people (all ages, 25+) who are interested in helping each other build skills, share knowledge and find positive pathways to navigate mental health challenges.

Participants meet weekly to create a shared and caring community within a supportive group environment. Group activities are experiential, relational and based on expressive arts, mindfulness and body-based awareness practices.

## PROGRAMS & SCHEDULES

Choose Your Way!

**Prefer to participate in-person?** We welcome you to our Wednesday support group in-person at the Falstaff Community Centre 50 Falstaff Avenue (Jane, 2 blocks south of Wilson).

**Mapping the Wellness Journey (In-Person)**  
Women and Gender Diverse People (all ages, 25+)  
Wednesdays 10:30a.m. - 12:30p.m. group

**Prefer to join us virtually?** We now offer our Thursday support group for women and gender diverse people delivered *exclusively* via ZOOM.

**Our Voices – Our Choices (Virtual)**  
Women and Gender Diverse People (all ages, 25+)  
Thursdays 10:30a.m. - 12:30p.m. group

We offer three, 12-week sessions per year which take place in the Fall, Winter and Spring!

“It’s a safe place to sort things out.”

“There’s a sense of community.”

“I feel ok to be me. It allows me to be honest with myself and to open up.”

– QUOTES FROM GROUP PARTICIPANTS –

For more information, please email us at [CFLInfo@ywcatoronto.org](mailto:CFLInfo@ywcatoronto.org) or visit [ywcatoronto.org/choices](http://ywcatoronto.org/choices)  
Transit (TTC) fare provided to attend in-person sessions. Wheelchair accessible.



YWCA  
TORONTO

NATIONAL ADVOCACY  
COMMUNITY ACTION.



United Way  
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