

# What's Happening!



## Women Creating Community Program

Meet women in your community, try creative activities,  
feel better and have fun!

### Building Bridges Social & Support Group

Connect with other women in your community and share your thoughts and ideas about issues that are important to you (e.g. stress management, self-esteem, healthy relationships).

Every other Tuesday 6:30-8:00 pm

**\* Pre-registration required \***  
(Register before September 26)

### Conversations Across Cultures (ESL Conversation Circle)

Read short stories, watch interesting videos, and practice your English through conversations about life in Canada and Canadian culture while meeting other women in your community.

Every other Tuesday 6:30-8:00 pm  
Drop-in (no registration required)

### Creative Expression

Enjoy self-discovery & self-expression through different creative art activities such as making crafts, painting, cooking, and creating a community mural.

Every other Thursday 6:30-8:00 pm  
Drop-in (no registration required)

### Mindful Movement

Discover the health & relaxation benefits of gentle physical movement activities such as yoga and tai-chi, and other relaxation techniques.

Every other Thursday 6:30-8:00 pm  
Drop-in (no registration required)

**Free program!      Childcare provided!**

See calendar on back for schedule ->

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London  
InterCommunity  
Health Centre

# Women Creating Community Program

## September 2010

| Monday | Tuesday  | Wednesday | Thursday   | Friday | Saturday   |
|--------|--|-----------|--|--------|--|
| 6      | 7  | 8         | 9  | 10     | 11   |
| 13     | 14   | 15        | 16   | 17     | 18   |
| 20     | 21<br><b>Conversations Across Cultures</b><br>6:30-8:00 pm | 22        | 23<br><b>Mindful Movement</b><br>6:30-8:00 pm    | 24     | 25 <b>Outing: Northeast Multicultural Market</b><br>10-Noon<br><b>Kipps Plaza</b><br>(1050 Kipps Lane) |
| 27     | 28<br><b>Building Bridges</b><br>6:30-8:00 pm              | 29        | 30<br><b>Creative Expression</b><br>6:30-8:00 pm |        |  |

## October 2010

| Monday | Tuesday  | Wednesday | Thursday   | Friday  | Saturday   |
|--------|--|-----------|--|---|--|
| 4      | 5<br><b>Conversations Across Cultures</b><br>6:30-8:00 pm  | 6         | 7<br><b>Mindful Movement</b><br>6:30-8:00 pm     | 8 <b>Outing: 1000 Acts of Kindness Challenge</b><br>1:30-3pm<br><b>LUSO</b><br>(1193 Oxford St. East) | 9  |
| 11     | 12<br><b>Building Bridges</b><br>6:30-8:00 pm              | 13        | 14<br><b>Creative Expression</b><br>6:30-8:00 pm | 15  | 16   |
| 18     | 19<br><b>Conversations Across Cultures</b><br>6:30-8:00 pm | 20        | 21<br><b>Mindful Movement</b><br>6:30-8:00 pm    | 22  | 23 <b>Outing: Financial Education for Newcomers to Canada</b><br>2:30-3:30<br><b>Beacock Library</b> |
| 25     | 26<br><b>Building Bridges</b><br>6:30-8:00 pm              | 27        | 28<br><b>Creative Expression</b><br>6:30-8:00 pm | 29  | 30   |

## November 2010

| Monday | Tuesday  | Wednesday | Thursday   | Friday | Saturday  |
|--------|--|-----------|--|--------|---|
| 1      | 2<br><b>Conversations Across Cultures</b><br>6:30-8:00 pm  | 3         | 4<br><b>Mindful Movement</b><br>6:30-8:00 pm     | 5      | 6 <b>Outing: Let's Get a Library Card! (and library tour)</b><br>10-11:30am<br><b>Beacock Library</b> |
| 8      | 9<br><b>Building Bridges</b><br>6:30-8:00 pm               | 10        | 11<br><b>Creative Expression</b><br>6:30-8:00 pm | 12     | 13  |
| 15     | 16<br><b>Conversations Across Cultures</b><br>6:30-8:00 pm | 17        | 18<br><b>Mindful Movement</b><br>6:30-8:00 pm    | 19     | 20  |
| 22     | 23<br><b>Building Bridges</b><br>6:30-8:00 pm              | 24        | 25<br><b>Creative Expression</b><br>6:30-8:00 pm | 26     | 27  |

## Community Outings!

Starting this Fall, the Women Creating Community program will also include **weekly outings to community organizations and events**. Some of these outings have already been posted on the program calendar. Additional outings will be announced throughout the program.

If you are interested in attending one of these community outings please **go directly to the event location** on the day/time indicated and the program facilitator will meet you there (unless otherwise specified).

\* Please note that childcare is not provided for these community outings.

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For information or to register contact Tina O'Connor at 519-659-1271 ex 406  
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