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## **A Drop-In Centre for Women**

### **Centre hours**

**Monday to Friday: 9:00 am till 5:00 pm**  
**Lunch break: 12:30 pm - 1:30 pm**



**Our Activities from January till March  
2020**

# WHAT CAN WE DO FOR YOU AT SAWCC

We believe in creating a **safe drop-in space** for women from all around the world, regardless of their origin, color, status, age, religion, beliefs, ethnicity or sexual orientation.

From its beginning, the guiding principles of SAWCC have been **feminism and sisterhood**. We believe in **empowering women** and in **Service, Support, Advocacy and Activism**.

**Following are some of our core services:**

- Settlement program for new immigrants and refugees
- French and English language classes with daycare facility
- Referral services
- Interpretation and translation services
- Advising about individual rights
- Counselling on marital, family, legal, immigration and health related issues
- Group activities, discussions, seminars, info sessions and more

- Celebration of major South Asian festivals
- Providing a support network for women going through domestic violence situations
- Opportunities to drop in and converse in South Asian languages
- Monthly Pot luck Lunches and get-togethers
- Accompaniment services for those in dire need
- Guidance offered to search job & make C-V
- Summer employment opportunities for students
- Programs for South Asian Youth
- Parenting workshops
- Newsletter for members

**All our services are FREE and available in French, English and the main South Asian Languages**

## OUR ACTIVITIES

**Every Tuesday = Women's Group Activity**

Every Tuesday from 10:30 am till noon (12:00pm) we organize an info session, workshop or discussion activity for women. Most in house programs require no registry.

**LAST THURSDAYS OF THE MONTH = POTLUCK DAYS**  
(12:00-2:00)

Every last Thursday of the month we celebrate by eating lunch together. We ask you to bring a small lunch to share and join us in a fun activity and eating together



**SAWCC'S YEAR END PARTY Dec. 2019**

# OUR ACTIVITY CALENDAR

## MONTH OF JANUARY

DATE & DAY	NAME OF ACTIVITY
Tuesday 7 <sup>th</sup>	No Session- Planning
Tuesday 14 <sup>th</sup>	No Session- Planning
Tuesday 21 <sup>st</sup>	No Session- Planning
Tuesday 28 <sup>th</sup>	Info session: Meal planning & Bulk Cookery - tips and tricks for working women
Thursday 30 <sup>th</sup>	Pongal Potluck

## MONTH OF FEBRUARY

DATE & DAY	NAME OF ACTIVITY
Tuesday 4 <sup>th</sup>	Baking with Mangaie
Tuesday 11 <sup>th</sup>	DIY Card making Cards in bulk
Tuesday 18 <sup>th</sup>	Info Session- Banking & Saving
Tuesday 25 <sup>th</sup>	Info Session: Housing Rights
Thursday 27 <sup>th</sup>	Valentine 's Day POTLUCK

## MONTH OF MARCH

Tuesday 3 <sup>rd</sup>	Info session: STM, Use and safety
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Friday 6 <sup>th</sup> March- Centre Closed for 8 <sup>th</sup> March	
Sunday 8 <sup>th</sup> March	March: Details to Follow
Tuesday 10 <sup>th</sup>	Importance of 8 <sup>th</sup> March & Women's rights- Theatre
Tuesday 17 <sup>th</sup>	Stress, Anxiety & depression and how to get help
Tuesday 24 <sup>th</sup>	Fun Activity: Adopting hobbies for stress relief
Thursday 26 <sup>th</sup>	Nowroz POTLUCK DAY
Tuesday 31 <sup>st</sup>	Tax Returns with Iram

## Are you interested in learning from the SAWCC Team?

We can arrange an info session/ workshop on topics of your choice. Learn with us about:

- 1- Once a month freezer cooking/ Bulk cooking
- 2- Organizing your days for efficient working
- 3- Dressing up for joining the workforce, interview preparation and C-V making
- 4- Party planning - throwing an ultimate party!
- 5- Organizing drawers, shelves and cupboards in the house

- 6- Going on outings in a group
  - 7- Teenage children
  - 8- Talking about sex with children
  - 9- C-V making
- AND many more!!!

**Please talk to Juvaria for requests and suggestions at 514-528-8812/ 104.**

## **CLASSES**

Our upcoming session of French Classes will start on the 6<sup>th</sup> of January 2020. The English classes will start on the 20<sup>th</sup> of Jan. 2020. The next session will start March 20<sup>th</sup>, 2020.

Our one-on- one English classes are ongoing and can be organized according to your need. We are also continuing our citizenship test prep classes. For registration and information please contact Shipra Barua at 514-528-8812/ 106.

**To volunteer** at the centre, please contact Shipra Barua at 514-528-8812/ 106 or email her at [shipra.b@sawcc-ccfsa.ca](mailto:shipra.b@sawcc-ccfsa.ca)

## **MEMBERSHIP @ SAWCC**

By becoming a **member of SAWCC** you

- Join a community of like-minded feminist women who believe in service support and advocacy.
- Support the centre in its work of service and advocacy
- Receive newsletters, bulletins and invitations by email or mail
- Invitation by phone or email for our programs
- Could vote in our general Assembly and participate in decision making
- Could become members of the Executive Council after being elected

**Our membership fee is \$1-\$15**

Please contact Juvaria Yasser at 514-528-8812/104  
for details

**March is the month for SAWCC  
Membership renewal. Have you  
renewed yours?**

**Upcoming events:**

**Cabane a Sucre- April first week**

**Talk to Juvaria for booking a place for you!**



**The South Asian Women's Community Centre  
and its various projects are generously  
supported by the following:**

Agence de la santé  
et des services sociaux  
de Montréal



Secrétariat  
à la condition  
féminine



Immigration,  
Diversité  
et Inclusion



**Ville de Montréal**



Canada

CANADA SUMMER JOBS 2017



CANADIAN  
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