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Drop-in Women's Centre

Centre hours

Monday to Thurs: 9:00 am till 5:00 pm

Lunch break: 12:30 pm - 1:30 pm

Fridays: No appointments

Our Activities July-September 2023



**HAVE YOU RENEWED YOUR
MEMBERSHIP?**

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

HIGHLIGHTS FOR THIS TRIMESTER

Centre closed on 1st July- Canada day

SAWCC annual picnic- 5th or 12th August

Trip to Quebec City- 1st September

SAWCC participating in annual picnic of the Table of women centres- 11 September

Open house at SAWCC- 19 September

ACTIVITIES

*Please note that although we try our best to organize the activities on the dates that we are publishing but sometimes we have to cancel/ change an activity at the last minute due to unforeseen circumstances.

Please call ahead to confirm the activity name

ACTIVITIES IN JULY	
DATE & DAY 10:30 a.m. till 12:00 p.m.	NAME OF ACTIVITY
Tuesday 4 th	Information session for working women: time management to reconcile work and family life
Tuesday 11 th	Information session: the CRA (Canada Revenue Agency) and all the services it offers
Tuesday 18 th	Women's group activity: decluttering & organizing in our homes- 1
Tuesday 25 th	No session
Friday 28 th 12:30-3:30	Potluck
CENTRE CLOSED ON DATE	1 st July for Canada day
ACTIVITIES IN AUGUST	
DATE & DAY	NAME OF ACTIVITY
Tuesday 1 st	No session

Saturday 5 th or 12 th	SAWCC's annual picnic- Park St- Zotique- *Mandatory registry *In case of rain, picnic will take place on the 12 th of Aug.
Tuesday 8 th	Information session: balanced nutrition; planning family meals on a budget
Tuesday 15 th	Info session: learning about the services of the Project Genesis
Tuesday 22 nd	Information session : the Régie de logement du Québec
Tuesday 29 th	Information session: Meal Planning and Cooking in Bulk - Tips and Tricks for Working Women
CENTRE CLOSED ON DATES	6 th or 13 th August-Centre will be closed instead of the picnic weekend
ACTIVITIES IN SEPTEMBER	
Friday 1 st	Visit: National Assembly in Quebec *Registry mandatory
Monday 11 th	Participation in the annual picnic: Table of the

	women centres of Montreal & Laval *Centre will be closed after 11 a.m.
Tuesday 12 th	Open House- day of the women's Centres in Quebec
Tuesday 19 th	Women's group activity: Self care
Tuesday 26 th	Info session: learning about the truth and reconciliation day
CENTRE CLOSED ON DATES	September 4 th , 5 th , 11 th and 29 th

***Please call to reserve your spot for the
picnic and Quebec City visit**

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- Parenting
- 8- Teenage children
- 9- Talking about sex with children
- 10-C-V making

AND many more!!!

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

CLASSES

No French or English classes in summer

Please call **Shipra Barua** at 514-528-8812/ 106 to learn about our fall classes in July

To volunteer

At SAWCC we are currently looking for volunteer English class teachers.

Please contact **Shipra Barua** at 514-528-8812/ 106 or email her at 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

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

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