



# ST. JOHN'S WOMEN'S CENTRE

**FREE PROGRAMS!!**

# December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>Right here, Right now Counselling</b> (phone in, zoom or drop in) 12pm-5:30pm	<b>2</b> <b>Clothing Boutique 10:30am-3:30pm</b> Call to make appointment  <b>Empowered Together (Online)</b> <b>6:30pm-7:30pm</b>	<b>3</b>
<b>6</b>	<b>7</b> <b>Learn to Cross Stitch 10am-11am (4 week program, registration required)</b>  <b>Right here, Right now Counselling</b> (phone in, zoom or drop in) 12pm-5:30pm	<b>8</b> <b>Right here, Right now Counselling</b> (phone in, zoom or drop in) 12pm-5:30pm	<b>9</b> <b>Clothing Boutique 10:30am-12pm</b> Call to make appointment  <b>Women's Centre Closed at 12:30pm</b>	<b>10</b> <b>Clothing Boutique 10:30am-3:30pm</b> Call to make appointment  <b>Tea Time + Christmas Carols</b> <b>1:00pm-3:00pm</b> <b>Please call to register.</b>
<b>13</b>	<b>14</b> <b>Learn to Cross Stitch 10am-11am (4 week program, registration required)</b>  <b>Right here, Right now Counselling</b> (phone in, zoom or drop in) 12pm-5:30pm	<b>15</b> <b>Right here, Right now Counselling</b> (phone in, zoom or drop in) 12pm-5:30pm	<b>16</b> <b>Clothing Boutique 10:30am-3:30pm</b> Call to make appointment  <b>Holiday Centerpiece Workshop 1pm</b> <b>Please call to register.</b>  <b>Empowered Together (Online)</b> <b>6:30pm-7:30pm</b>	<b>17</b>
<b>20</b>	<b>21</b> <b>Decompress Before the Holidays YOGA 10am-11am</b> <b>Please call to register.</b> <b>Right here, Right now Counselling</b> (phone in, zoom or drop in) 12pm-5:30pm	<b>22</b> <b>Right here, Right now Counselling</b> (phone in, zoom or drop in) 12pm-5:30pm	<b>23</b>  <b>Empowered Together (Online)</b> <b>6:30pm-7:30pm</b>	<b>24</b> <b>Women's Centre Closed at 12pm for the holidays</b>
<b>27</b> <b>Women's Centre Closed for the holidays</b>	<b>28</b> <b>Women's Centre Closed for the holidays</b>	<b>29</b> <b>Women's Centre Closed for the holidays</b>	<b>30</b> <b>Women's Centre Closed for the holidays</b>	<b>31</b> <b>Women's Centre Closed for the holidays</b>

**Right Here, Right Now:** Evening sessions available by appointment each week. Please call by 5pm to book a time.

Empowered Together: Supportive Peer Group for Women impacted by intimate partner violence. \*Via Zoom - email [reception@sjwomenscentre.ca](mailto:reception@sjwomenscentre.ca) to register.

(709) 753-0220 | [reception@sjwomenscentre.ca](mailto:reception@sjwomenscentre.ca) | 170 Cashin Avenue Extension | [sjwomenscentre.ca](http://sjwomenscentre.ca) | [www.facebook.com/SJWomenscentre](http://www.facebook.com/SJWomenscentre)

**Tea Time!** – welcome to socialize and have a cup a tea with us! This program will be held bi-weekly.

**Right here, Right now Counselling:** (phone in, zoom or drop in) 12pm-5:30pm. Evening sessions available by appointment, please call by 5pm to book a time.

Wellness Mood Walks - Fall Series. Registration required. Please call for more information.

***Empowered Together Supportive Peer Group for Women Impacted by Intimate Partner Abuse*** - meetings take place in English online with video and audio via Zoom.

(709) 753-0220 | [reception@sjwomenscentre.ca](mailto:reception@sjwomenscentre.ca)  
170 Cashin Avenue Extension  
[sjwomenscentre.ca](http://sjwomenscentre.ca) |  
[www.facebook.com/SJWomenscentre](http://www.facebook.com/SJWomenscentre)