

A TURNING POINT FOR WOMEN





## YWCA TORONTO | DISCOVERING LIFE SKILLS | PUBLICATION SERIES

**Vol 1 Building Groups & Warm Ups |** A collection of lesson plans and exercises focused on warm ups, tips and tools for group building and developing trust.

**Vol 2** | A collection of lessons on a variety of topics - valuable in community learning settings and corporate training boardrooms.

**Vol 3** | A diverse collection of coaches and facilitators wishing to expand their portfolios with more challenging topics such as sexuality, humour and group behaviour.

**Vol 4 Special Needs Groups** | A collection of lesson plans and exercises focused on groups with special needs.

**Vol 5** | A collection of lessons with a special section dedicated to the theory and creation of warm up activities.

**Vol 6 Communicating Assertively |** A collection of essential lessons with critical tools and techniques practised in the field of assertiveness training.

**Vol 7 Teaching Employment Groups** | A comprehensive resource for life skills coaches, group facilitators and career practitioners leading or training employment groups.

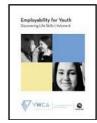
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