



**YWCA JUMP** is an exciting program for newcomer women, girls and gender-diverse people over the age of 13, who are permanent residents, convention refugees or live-in caregivers with temporary work permits. *(Must provide documentation of record of landing.)*

222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5  
416.964.3883 | [ywcatoronto.org/jump](http://ywcatoronto.org/jump) |     

## GRATEFUL HEART, POWERFUL MIND

*Learn how practicing gratitude strengthens your Emotional Intelligence*



Photo: <https://heartandsolutions.blog/2021/02/15/a-grateful-heart/>

**Thursday & Friday October 6 & 7, 2022 10:30-noon**

**Facilitated LIVE on ZOOM** [Click here for both days](#)

During this program, you will learn a variety of practical tools to help you develop and continue to nurture a sense of joy, compassion, and inner calm.

Gain autonomy and independence to continue applying these techniques individually as you build Emotional Intelligence to help you develop Conflict Resolution skills.

YWCA Toronto is collaborating with Laura Gutierrez, CNP Holistic Nutritionist, to offer you this interactive two-part webinar series.

### Session 1: Practicing Gratitude

- What is gratitude?
- The benefits of gratitude for physical and emotional wellbeing
- Gratitude in the face of adversity
- Incorporating gratitude in our lives

### Session 2: Emotional Intelligence and Conflict Resolution

- Developing self-awareness
- Effective listening and communication
- Responding VS Reacting
- Managing difficult emotions

*\*Attendance to all sessions is required to earn a Certificate of Participation.*

*\*Have a LINC level 5 or higher. Register early, space is Limited.*

For more information, please contact us:

**[jumpeetobicoke@ywcatoronto.org](mailto:jumpeetobicoke@ywcatoronto.org) or 647.354.2618. or 416.964.3883**

*\*Please note: due to funding criteria, we are unable to serve Canadian Citizens and Refugee Claimants at this time.*

*To comply with Public Health directives and preserve the safety of clients and staff, we will be offering a combination of online, in-person and blended learning programs. Staff remains available to serve you via phone, video-conferencing or email.*

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