

Virtual Women's Empowerment Series

The NYWC Women's Empowerment Series (WES) is a set of skill-based programs that focus on building women's strengths and personal power. The series consists of three 9-weeks modules.

Discovering Our Power is the first program of the three where you will:

- Gain an understanding of difficult emotions and the effect they have on your wellbeing
- Identify your personal assets
- Learn coping strategies to draw on in stressful situations
- Build self-esteem and confidence

Exploring Our Potential is the second program of the Women's Empowerment Series. In this group, you will:

- examine needs, priorities and options for making changes to improve your life; and
- consider goals and steps to take to reach them.

Asserting Ourselves is the third program where you will:

- Consider how you interact with others
- Develop skills to effectively assert yourself
- Learn about healthy relationships and how to deal with difficult relations and social situations.

The Women's Empowerment Series programs include weekly online sessions, hosted on Zoom platform (dates TBD). Participants will receive a participant package and access to an online library to find articles, handouts, and media that would support their learning and development. Depending on the need of the group, our facilitators will also support participants between sessions through smaller group calls, and individualized check-ins.

To participate in these groups, we ask interested individuals to first register using [this online form](#) or contact info@nywc.org. On a first-come-first-serve basis, individuals will then be invited to an intake interview, where we get to know our potential participants and answer any questions that they may have.



If you have any questions or need further information, please contact the Coordinator of Group Programs, Taraneh at taraneh@nywc.org.