

Women Creating Community

Every
One
Matters.

Meet other women, be creative, feel better, and have fun! The goal of Women Creating Community is to bring women together through a variety of strategies and activities to help them build a stronger sense of community and a network of mutual support and understanding. Social inclusion is widely recognized as a key social determinant of health and well-being.

“Women need places to go and talk and share their life experiences with other women – especially those who are new to Canada like me.”

There are four program components to Women Creating Community:

1. **Building Bridges Social and Support Group:** connect with other women, and learn assertive communication, stress management, self-esteem, healthy relationships.
2. **Conversations Across Cultures:** read short stories, watch interesting videos, play games and practice your English through conversations about life in Canada and Canadian culture while meeting other women in your community.
3. **Creative Expression:** Enjoy self-discovery & self-expression through different creative art activities such as making crafts, painting, jewellery-making, and creating a community mural.
4. **Mindful Movement:** Discover the health & relaxation benefits of gentle physical movement activities such as yoga and tai-chi, and other relaxation techniques.

80% of participants in Women Creating Community's first year had average household incomes of less than \$25,000 annually. 80% of the participants were born in a country outside Canada and 46% of this group had been living in Canada for 2 years or less.

“I love coming here. It's really good for me to get out and have some fun for a change.”

Women who participate have shared that the program has provided them with an opportunity to meet other women and lessen their feelings of loneliness. Feedback indicates that 90% of Women Creating Community participants believe that the program has helped them become more involved in the community and 91% have an improved sense of belonging in the community. 95% of participants report that they have made new social connections with women in their community through this program.



Our Vision

Building opportunities for healthy and inclusive communities.

Our Mission

We provide inclusive and equitable health and social services to those who experience barriers to care, and we foster the active participation of individuals and the communities we serve.

Our Core Values

At the Health Centre, we commit to: Inclusivity, Innovation, Professionalism, Accountability, Excellence and Advocacy.

For more information about Women Creating Community:

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Last updated: June 2013

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ON THE 4TH THURSDAY OF EVERY MONTH WE
WILL BE OPEN AT NOON. (BOTH LOCATIONS)



London
InterCommunity
Health Centre