



Programs & Activities

Women's Programs

Fall 2025 | SEPTEMBER – DECEMBER

Programs starting on Sept. 8



Monday



Chair Yoga
90 Littles Road
10:00 AM – 11:00 AM



Info & Referral / Form Filling Support

1321 Neilson Road
By appointment only
12:00 PM – 3:00 PM



Pouring It Out TO
90 Littles Road
5:30 PM – 7:00 PM
Register by email.

Tuesday



Info & Referral / Form Filling Support

90 Littles Road
By appointment only
1:30 PM – 3:30 PM



Pilates
90 Littles Road
5:30 PM – 6:30 PM

Wednesday

Tamil, Let's Connect
Virtual, Zoom
9:30 AM – 12:00 PM



Knitting Social
90 Littles Road
12:00 PM – 1:15 PM

Cooking with Joy
Sept. 10, Oct. 8,
Nov. 12, Dec. 10
90 Littles Road
1:30 PM – 3:00 PM



Women's Diverse Voices
Sept. 24, Oct. 29
2:00–4:00 PM
Nov. 26
5:00–6:30 PM
90 Littles Road
Childcare–Registration
required by email.

Thursday



Housing Support
1321 Neilson Road
By appointment only
9:30 AM – 4:30 PM



Mom's Support Group
Starts in October,
more to come.

Women's Health Workshops

Oct. 16, Nov. 20,
Dec. 18
Virtual, 6:00 – 7:00 PM

Events

Thurs. Oct. 9
Take Back the Night
6:30 PM – 9:30 PM
More details to come.
Flyer to be shared.



Sat. Nov. 8
Financial Literacy
90 Littles Road
10:00 AM – 12:00 PM

Sat. Dec. 6
Holiday Celebration
90 Littles Road
10:00 AM–11:30 AM



**To register, email
for details.**

For more information, contact
E: women@mfrfc.org P: 416–284–4184 x 0
Click here to connect for Virtual Program
ID: 382 386 0855 Passcode: women



For detailed description on programs and
services and to sign-up, please visit
mfrfc.org or scan the QR CODE.

