



Programs & Activities

Women And Family Programs



September - December



FOR AGES 21+ | ***ALL VIRTUAL PROGRAMS ARE NOW ON MICROSOFT TEAMS ***

MONDAY

90 Littles Road

Chair Yoga

12:00 pm - 1:00 pm

Hybrid



5:30 pm - 6:30 pm
**Life & Transformational
Changes Coaching**

By appointment only

5:00 pm - 7:00 pm

Cooking With Joy

Sep 21st, Oct 5th, Nov 2nd

5:30 pm - 7:00 pm

Amplified Voices

Sep 14th, 28th, Oct 12th,
Oct 26th, Nov 9th, Nov 23rd



1321 Neilson Road (Thursdays)



NEW

New Program: Threads & Trends

Oct 22nd, Oct 29th, Nov 5th, Nov 12th,
Nov 19th, Nov 26th

TUESDAY

**Fusion Fit
(Aerobics, Pilates,
Cardio, etc.)**

5:30 pm - 6:30 pm



WEDNESDAY

3:00 pm - 5:00 pm
Roots & Rhythms

Sep 16th, 30th
Oct 14th, 28th
Nov 11th, 25th
Dec 16th

5:30 pm - 7:00 pm

**Her Wellness Collective
(Formerly Known as ACE)**



6:00 pm - 7:00 pm

Book Club

1321 Neilson Road



Sep 16th, Oct 14th,
Nov 11th, Dec 9th

Ages 21-35

THURSDAY

5:45 pm - 6:30 pm

Afro Fit



5:30 pm - 7:00 pm

**Threads & Trends
1321 Nelison Rd**

Oct 22nd, Oct 29th, Nov 5th,
Nov 12th, Nov 19th, Nov 26th

FRIDAY

5:00 pm - 6:30 pm

HerArts Connect



SATURDAY

10:30 am - 11:30 am

Cardio Max Zumba



Special Events

**Saturday
November 7th
ABC Financial
Literacy
Workshop**

**December 15th
Seasons Of
Welcome
Holiday Event**



Housing Support

1321 Neilson Road
2nd and 4th Thursdays
of each month
By appointment only

Oct 21st

6:00pm-7:00pm
Take Back the Night

Nov 25th - Dec 10th
16 Days of Activism

Oct 2nd, Nov 5th,
Dec 7th
Men's Lounge



Oct 20th
4:00 pm

**Women in Trade
Skills Info Session**



**Info & Referral /
Form Filling Support**

Mondays 1321 Neilson Road;

12:00 pm - 3:00 pm

By appointment only

Tuesdays 90 Littles Road;

12:00 pm - 3:00 pm

By appointment only



Family Well-Being Workshops

For more info & registration,
contact ambassador@mfrf.org



For details and
to sign-up,
visit mfrc.org
or **Scan**



For more information,

Contact: women@mfrf.org or

Habeebah Ahmad - hahmad@mfrf.org



**For hybrid
programs on
Microsoft Teams**
<https://shorturl.at/t5CbD>
Meeting ID

283 495 295 581 02

Password:

NS6PA2zu



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HerArts Connect

A relaxed and welcoming space for women to explore various art forms, express their creativity, and connect with others through fun, hands-on activities.

Afro Fit

A high-energy dance program that combines African movements with fitness, creating an enjoyable way to stay active, build confidence, and move to vibrant rhythms.

Threads & Trends

A 6 week fashion program designed for women to explore self expression through style, learn about current fashion trends, discover sustainable fashion practices and build practical clothing alteration skills.

Amplified Voices

Develop confident public speaking skills and strong communication through practice and guidance from Toastmasters experts!

Cooking With Joy

Learn food and nutrition with a registered dietician through interactive learning.

Roots & Rhythms

A shared space for stories, conversations and celebration of culture, heritage, and identity.

Life & Transformational Changes Coaching

Work with a certified life coach to help you gain clarity, set actionable goals, overcome obstacles, and achieve personal and/or professional growth.

Fusion Fit

Engage in various fitness routines each week, including pilates, aerobics, cardio, and more!

Cardio Max Zumba

Get your body moving with high and low intensity dance steps along with joyful rhythms.

Her Wellness Collective

A welcoming wellness program that supports women's overall well-being through physical activity, health education, and wellness- focused activities.

The Book Club

A relaxed and friendly book club for young women to bond over great reads. We dive into a mix of modern fiction, romance, and gripping thrillers. Our goal is fun conversation and community building.

Chair Yoga

Enjoy a gentle and relaxing chair yoga program designed to support flexibility, mobility, and overall wellbeing.