








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.) We provide Girls' programming during school breaks (December, March and Summer breaks).

222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5

416.964.3883 | ywcatoronto.org/jump |     

March 2023

FREE UPCOMING EVENTS

To register for:

Events/Webinars:

Please click the link under the webinar to register.

Individual Support:

Please Click here to make an individual appointment

- Settlement Support and Referrals.
- Employment Counselling; resume critique, interview preparation, and online job search support.

JUMP Etobicoke are offering services under a hybrid format.

In person, individual appointments can be requested.

YWCA Toronto COVID policy is in place and includes social distancing and screening questions for onsite access.

Contact us:

416.964.3883 or
jumpetobicoke@ywcatoronto.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Virtual Assistant Skill-Building Program 10a.m.-noon	2 Stress in Children: Causes, Effects, and Strategies with George Hull Early ON 10a.m.-noon Click here	3 Virtual Assistant Skill-Building Program 10a.m.-noon
6 Retail Certificate Training part 1 Closed Series - only for Rexdale Women Centre	7 Boost your Pronunciation and Communication Skills 1 10a.m.-1p.m. Click here to register for the series Retail Certificate Training Part 2	8 Retail Certificate Training part 3	9 ABCs of Volunteering with YMCA 10a.m. – 11a.m. Click here	10 Virtual Income Tax Clinic By Appointment Call to register 416 964 3883
13 *March Break* March 13-17	14 Boost your Pronunciation and Communication Skills 2 10a.m.-1p.m.	15 Together with Friends part 1 with George Hull Early ON 10a.m. – noon Click here	16	17 Together with Friends part 2 with George Hull Early ON 10a.m. - noon Click here
20 Individual Support Click here for a virtual or in person appointment call 416 964 3883	21 Boost your Pronunciation and Communication Skills 3 10a.m.-1p.m.	22	23 Food Handling Training Information Session 10a.m.-noon Click here	24
27 Income Tax Clinic By Appointment Call to register 416 964 3883	28 Boost your Pronunciation and Communication Skills 4 10a.m.-1p.m.	29 Boost your Pronunciation and Communication Skills 5 10-1p.m. Express Employment Hiring Event 1:30 – 4:00p.m. Click here	30 Crisis or emergency situations needs no appointment. Please call us at 416 964 3883	31

**CALL TODAY
TO REGISTER!**
416.964.3883



**YWCA
TORONTO**

NATIONAL ADVOCACY.
COMMUNITY ACTION.



United Way
Greater Toronto
HUNDRED AGENCY

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

Workshop & Information Session Descriptions

March 1 & 3, 2023 10a.m. - noon Virtual Assistant Skill Building Program

Virtual Assistant (or, VA) is a growing occupation in the digitalized, post-pandemic work environment. This skill-building program will provide newcomer women with the knowledge and entry-level skills. Program registration is closed.

March 2, 2023 10a.m. - noon Stress in Children Virtual Info Session: Learn the causes, effects, and strategies to help your child cope

Children experience stress just as adults do but it often goes unrecognized. Today the pace of life is faster and changes occur rapidly and frequently. There are many factors that could contribute to stress in children's lives. YWCA JUMP Etobicoke has invited guest speakers from the George Hull Centre, an organization well known for promoting mental health and wellness for children and families, to discuss how stress impacts children, and how we can help them cope with stressors in their day-to-day life.

Topics covered include: What stress in children looks like, understanding your child's physical, behavioural, and emotional cues, fight, flight, or freeze stress response, resiliency (how to bounce back from stress), being your child's role model, and mindful meditation-belly breathing.

March 6, 7 & 8, 2023 Retail Certificate Training Part 1 Online, Part 2 & 3 In-Person (Closed service for Rexdale Women Centre Only)

The Retail Skills Certificate is an introductory, (hybrid) online and in-class, three-day class for women and gender diverse newcomers seeking employment in the retail sector.

The series includes: Overview of the retail sales sector in Canada, learning and practicing basic skills in customer service, and improving interpersonal and communication skills.

March 7, 14, 21, 28, & 29 2023 10a.m. - 1p.m. Boost you Pronunciation and Communication Skills

Want to improve your pronunciation, reduce your accent, and increase your confidence?

If you said yes to any of these, register for this series to feel more confident when speaking. Don't miss out on interviews and job opportunities because you are conscious of your pronunciation or accent. You will receive exercises that are customized to address your specific pronunciation challenges. By the end of the five sessions, you should notice results. Register now and gain the confidence you need.

VERY IMPORTANT: All five sessions are **IN-PERSON** events, please only register if you can attend in person.

March 9, 2023 10a.m. - 11a.m. ABCs of Volunteering with YMCA

Are you a newcomer and looking to start your volunteering journey in Canada or get Canadian experience and do not know where to start? Do you want to learn and develop new skills or simply give back to the community? Join YWCA's webinar in collaboration with YMCA to learn about Canadian volunteer etiquette, and discover the types of volunteer opportunities and resources available to support you on this new journey. Additionally, you will learn about volunteering with YMCA, police reference checks, interviews, and training process.

March 10 & 22, 2023 Virtual Income Tax Clinics – By appointment only

Volunteers from the Community Volunteer Income Tax Program (CVITP) will be on hand to prepare returns for eligible taxpayers who have low to modest incomes, simple tax situations, and are Permanent Residents or Convention Refugees. It is important to file a tax return even if you had no income, or if you landed in Canada in 2022. Once you register, a staff member will contact you and discuss your eligibility, the information you require to file your return, confirm an appointment time, and send you a zoom invite.

Please call to register 416 964 3883.

March 15 and 17, 2023 10a.m. - noon Together with Friends part 1 & 2 with George Hull Centre

We invite newcomer women and young children up to six years of age to come learn and play together. Our guest presenters, friendly and knowledgeable Child and Family Program Facilitators, will guide you and your child through some engaging, fun, and age-appropriate activities. **March 15th** In this webinar "All about me", children will boost their self confidence, and self esteem while learning about more about themselves. **March 17th** In this webinar "Feelings", children will explore their unique feelings and emotions to improve their self-image and help them feel good inside.

March 23, 2023 10a.m. - noon Food Handling Training Information Session

JUMP Etobicoke is offering free online Basic Food Handling training. The virtual option will offer you the benefit of studying at your own pace, provide you with a PIN to access the training, and write the certification exam.

March 29, 2023 1:30 - 4:00 p.m. Express Employment Virtual Hiring Event

Available opportunities Inside Sales, Office Support, Warehouse Associates, Retail Store Assistant, Light Packing Associates; Shipper Receiver, Fork Lift Operators and more... **To be considered for a seat, please send resume to gsurujbally@ywcatoronto.org by March 15th 2023.**