



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 |

November 2023

FREE UPCOMING EVENTS

To register for:

Events/Webinars:

Please click the link under each session 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 masking, social distancing and screening questions for onsite access.

Contact us:

416.964.3883 or jumpetobicoke@ywcatoronto.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Nourishing your Body and Mind Series pt. 2 <i>New – Evening session!</i> 6-7:30p.m.	2	3 Individual Support Click here for a virtual or in person appointment call 416.964.3883
6	7 Entrepreneurship Home-Based Certificate Series 4 (in-person) (for pre-registered clients) 10a.m.-1p.m.	8 Nourishing your Body and Mind Series pt. 3 <i>New – Evening session!</i> 6-7:30p.m.	9 Food Handling Info Session 10a.m.-noon Click here	10
13 Individual Support Click here for a virtual or in person appointment call 416.964.3883	14 Entrepreneurship Home-Based Certificate Series 5 (virtual session) (for pre-registered clients) 10a.m.-1p.m.	15 Fall for Cookies (in-person) 11a.m. - 1p.m. Click here	16 Stress Management with Rexdale Health Centre 10-11a.m. Click here HELIX Rise Exhibit Program Presentation 1-6:30p.m. Click here	17
20 STAR Program Info Session 1-2p.m. Click here	21 Cash Register Training Itinerant (closed session)	22 Effective Resumes 10-11:30a.m. Click here	23 Career Cruising 10a.m.-1p.m. Click here	24
27	28 Effective Interview Strategies 1 (in-person) 10-11:30a.m. Click here Effective Interview Strategies 2 (in-person) 12:30-2p.m.	29	30 Individual Support Click here for a virtual or in person appointment call 416.964.3883	

CALL TODAY TO REGISTER!
416.964.3883



NATIONAL ADVOCACY.
COMMUNITY ACTION.



Funded by:

Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

Workshop & Information Session Descriptions

November 2023 9a.m.-5p.m. Individual Support with JUMP Etobicoke Counsellor

Individual one on one support with one of JUMP Etobicoke's employment counsellors. Feel free to select one of the dates/times available or contact us to book an appointment according to your schedule. Services can include settlement support and referrals or employment counselling; resume critique, interview preparation, and online job search support.

October 25, November 1 & 8, 2023 6-7:30p.m. – Nourishing your Body & Mind Three-Part Webinar Series (Evening sessions)

During this program, you will learn a variety of practical tools to help you discover the importance of gastrointestinal health and nutrition for supporting cognition and mood. YWCA Toronto is collaborating with Laura Gutierrez, CNP Holistic Nutritionist, to offer you this interactive three-part webinar series. Join us to learn how to nourish your body and mind.

November 5, 12, 19 & 26 2023 6-9:00p.m. Public Speaking: Christopher Leadership

The Christopher Leadership Course of Canada provides a welcoming and supportive environment where you will build strong leadership skills and learn to overcome your fear of standing up in front of a group to speak. The course is a powerful asset and confidence-builder for anyone, but especially tailored for people in transition, whether that be from school into the workforce, from another country into Canada, or from one career to another. To be accepted to the training you must attend this information and registration session.

October 17, 24, 31, November 7 & 14 (virtual), 2023 10a.m.-1p.m. – Entrepreneurship Home- Based Certificate Series In-person at 222 Dixon Road suite 207

A Certificate series for newcomer women eager to turn their hobbies, talents or small business ideas into a viable home-based business. The series will cover the critical aspects of running a business and help you understand how to earn money through self-employment. **Please register only if you can attend in person.**

November 9, 2023 10a.m.-Noon – Webinar - Food Handling Info Sessions

JUMP Etobicoke is offering a 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 online certification exam.

November 15, 2023 11a.m.-1p.m. – Fall for Cookies (In-person)

This will be an in-person workshop on how decorating cookies can help de-stress. You will be given practical techniques by Beenish, from Beenu Bakes* who will be on hand to demonstrate them. Recipes and instructions for making icing and sugar cookies will be sent to you before the event to give you time to prepare and join in Beenish's class from home.

November 16, 2023 10-11a.m. – Stress Management with Rexdale Health Clinic

This workshop will help in understanding the causes of stress, how it affects us, and effective techniques in coping with stress. A registered nurse from Rexdale health clinic will provide valuable ways to help manage the stress of the daily life. Learn how to recognize burnout and apply practices that will help you manage your mental health effectively. Join us as we provide helpful techniques to help managing stress in the workplace and at home.

November 16, 2023 1-6:30p.m. – HELIX Rise Exhibit Program Presentation with Seneca College

HELIX RISE Summit is a free, virtual event designed to help career-minded women unlock their potential and close the gender gap in entrepreneurship and business. Register now to join us in collaboration with Seneca College. This virtual event will give you the opportunity to: watch Melanie Ng, Journalist, Broadcaster and Seneca graduate, in action as the master of ceremonies, learn from influential women at workshops, a keynote session, a panel discussion and a fireside chat, and connect with organizations that support women in our virtual exhibit hall

November 20, 2023 1-2p.m. - YWCA Free STAR Program Information Session

YWCA Toronto is funded by Employment and Social Development Canada (ESDC) to bring you a unique training program for women and gender diverse individuals. The STAR 4-women provides a comprehensive program with a combination of vocational assessment and skilled trades' career exploration. It will include access to health and safety certifications, skills training, hands-on experience, and engagement and networking opportunities with employers, unions, colleges, and trainers in the skilled trades industry, particularly in the construction and industrial sectors.

November 22, 2023 10-11:30a.m. – Effective Resumes

Have you been applying to jobs with your current resume and noticing you are not being contacted? Are you an internationally trained professional who is seeking employment in the Canadian Labour market? A resume is not only a written representation of your professional background but also one of the strongest tools that can lead to a job interview. Join us for this webinar where we will review valuable information on how to create an effective resume.

November 23, 2023 10a.m.-1p.m. – Career Cruising

If you are looking for work, pursuing a career change or considering training opportunities, Career Cruising will provide you with valuable information to help you achieve your goals. We will guide you through the process. Also, find out about accessing labour market information for job searches, as well as career and education purposes.

November 28, 2023 10a.m.-2p.m. – Effective Interview Strategies Part 1 & 2 (In-person)

Attending a job interview is a great opportunity to build your professional networks and gain interviewing experience. The ideal outcome is to receive a job offer – a resume gets you the interview, but it is the interview that gets you the job. This is your opportunity to further demonstrate how your professional profile makes you a suitable candidate. Join us for this two-part webinar to learn about the most effective interview strategies and apply this knowledge in your next interview.