



**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.)*

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

416.964.3883 | [ywcatoronto.org/jump](http://ywcatoronto.org/jump) |     

## SHARE YOUR WORRIES AND EXPLORE ALTERNATIVES

*Our counsellors provide a safe and private space in which to have confidential conversations. We are here to help you.*



Book a meeting by [Click here \(virtual\)](#)

- Meet trained counsellors and make informed settlement decisions.
- Get referrals to appropriate services based on your needs.
- Receive information on available online services to survive the pandemic challenges you are facing today.
- Identify alternative career options and develop short and long-term goals.
- Learn how to bridge gaps in your career history, work experience and education.
- Enter a safe, women only learning environment and become part of a community.
- Unpack your worries and share them with trauma-informed staff

*To comply with Public Health directives and preserve the safety of clients and staff, we will be offering a combination of online, in-person and blended learning programs. Staff remains available to serve you via phone, video-conferencing or email.*

For more information, please contact us at **647.354.2618** or [416.964.3883](mailto:jumpetobicoke@ywcatoronto.org) or [jumpetobicoke@ywcatoronto.org](mailto:jumpetobicoke@ywcatoronto.org)



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