

January 2022

FREE UPCOMING EVENTS

To register

Events/Webinars:

Etobicoke - 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

Due to the COVID-19, our January events and individual appointments will continue to be provided remotely.

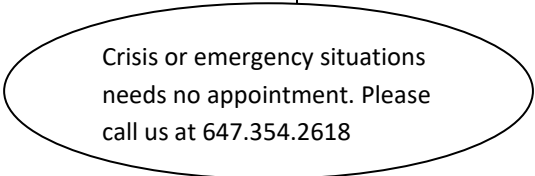
Questions?

Contact us at:
647.354.2618 or 416.964. 3883 or
jumpetobicoke@ywcatoronto.org

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 |

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6 Enhance your Job Search Using Social Media 10:30a.m.-noon Click here	7 Virtual Assistant as a Career Choice Info session 10:30a.m.-noon Click here
10 Individual Support Click here for a virtual appointment	11 Standard First Aid & CPR-Level C/HCP with AED Info Session 10-11a.m Click here	12	13 Virtual Assistant Skill Building Program Intake Session 10:30a.m.-noon Only for pre-registered clients	14 Introduction to Linked-In Training options 11a.m.-12:30p.m. Click here
17 Self-Care in Times of Uncertainty 10:30a.m.-noon Click here	18 Individual Support Click here for a virtual appointment	19 Self-Care in Times of Uncertainty 10:30a.m.-noon. Click here Hypertension-Are your family members at risk? Rexdale Community Health 1-2:30p.m. Click here	20 Food Handling Training Review 10a.m.-noon (only for pre-registered)	21 Food Handling Exams online – by appointment
24 Professional Office Administration (POA) 9:30a.m.- noon Click here Virtual Assistant as a Career Choice Info session 10:30a.m.-noon Click here	25 Professional Office Administration (POA) 9:30a.m.- noon	26 Professional Office Administration (POA) 9:30a.m.- noon Effective Interviews 1 Click here 1-2:30p.m.	27 Professional Office Administration (POA) 9:30a.m.- noon	28 Professional Office Administration (POA) 9:30a.m.- noon Effective Interviews 2 Click here 1-2:30p.m.
31 Standard First Aid & CPR-Level C/HCP offsite training for pre-registered clients				

**CALL TODAY
TO REGISTER!**
416.964.3883



**NATIONAL ADVOCACY.
COMMUNITY ACTION.**



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Workshop & Information Session Descriptions

January 6, 2022 – 10:30a.m.-noon Enhance your Job Search Using Social Media

LinkedIn and Twitter can be excellent tools for landing your next job. Used correctly social media can be useful to introduce you to recruiters, organizations, networking groups and gain new perspectives on industry trends. Join us for an interactive webinar to explore the benefits of using different social media platforms for job search.

January 7, 2022 – 10:30a.m.-noon Virtual Assistant as a Career Choice Info Session

Virtual Assistants (or, VA) is a growing occupation in the digitalized, post-pandemic work environment and a career option for many newcomer women. Upon completion of this session, you will be able to apply for admission to the “*Virtual Assistant Skill-Building Program*” coming in February/March 2022.

January 13, 2022– 10:30a.m.-noon Sign up for Virtual Assistant-Skill Building Program Intake Session

This session is by invitation only for those who have attended previous Virtual Assistant Information sessions.

January 11, 2022 – 10-11a.m. Standard First Aid & CPR – Level C/HCP with AED Info Session

This program is for newcomer women interested in completing the 2-day Standard First Aid & CPR-Level C with AED. During this information session, we will review the details of the blended delivery of the training.

January 14, 2022 - 11a.m.- 12:30p.m. Introduction to Linked-In Training Options

You are welcome to attend this session where we will provide more details and assist you in registering and activating your LinkedIn Learning license.

By having access to LinkedIn learning you can upgrade and learn new skills that are needed in the workplace. Some features include:

- Access over 16,000 courses available 24/7 on your mobile device and desktop, Learn from industry experts to gain new skills, retrain and gain valuable credentials

January 17 & 19, February 22 & 24, 2022 10:30-noon Self-Care in Times of Uncertainty -4 part session

Changes unfolding around us have added additional layers to every day stress and anxiety.

Mindfulness is a tool that help us develop a moment-by-moment awareness of our thoughts, emotions, bodily sensations, and surrounding environment with openness and curiosity. It has a variety of research-backed benefits, including reduction in stress, improvements in job satisfaction, emotional regulation and attentive focus.

January 19, 2022 1p.m.-2:30p.m. Hypertension – Are your family members at Risk with Rexdale Community Health Centre

This important lifestyle webinar will provide an opportunity for newcomers to learn about Hypertension and Risk Factors. If want to learn how to manage your health or a loved one better, please attend this informative webinar.

January 24 – 28, 2022 9:30a.m.-noon Professional Office Administration (POA)

Offered in partnership with the YWCA Skills Development Centre the Professional Office Administration Skills Series is an on-line, instructor-led, five-day program for women interested in clerical and administrative related careers. The modules focus on developing the essential skills needed for working in a business environment.

January 26 & 28 1-2:30p.m. Effective Interviews 1 & 2

This workshop is ideal if you want to learn the basis of interviewing in Canada, in the first part, we will review what you need to know and how to prepare for the interview, in the second part we will discuss how to answer difficult interview questions including behaviour based questions.