



**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](http://ywcatoronto.org/jump) |     

## June 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](mailto:jumpetobicoke@ywcatoronto.org)

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
|   |   |   | 1<br><b>Individual Support</b><br><a href="#">Click here</a> for a virtual or in person appointment<br>call 416.964.3883 | 2<br><b>Anti-Racism Education Series Webinar (part 4)</b><br>10-11a.m.  |
| 5   | 6   | 7<br><b>Enhance your Job Search Using Social Media</b><br>12-1p.m.<br><a href="#">Click here</a>        | 8  | 9<br><b>Free Computer Training MS Word with YMCA</b><br>10-11a.m.<br><a href="#">Click here</a> to register for the series  |
| 12<br><b>Individual Support</b><br><a href="#">Click here</a> for a virtual or in person appointment<br>call 416.964.3883 | 13<br><b>Service Canada Overview for Newcomers</b><br>10a.m.-noon <a href="#">Click here</a><br><b>Job search 101 and RBC Hiring process</b><br>12-1p.m. <a href="#">Click here</a> | 14  | 15<br><b>Food Handling Training Review for Pre-registered clients</b><br>10a.m-12: 30p.m.                                | 16<br><b>Free Computer Training MS Excel with YMCA</b><br>10-11a.m.   |
| 19<br><b>Food Handling Exams</b><br>By appointment only   | 20<br><b>Standard First Aid &amp; CPR Level C + AED (onsite training)</b><br>9a.m-4p.m.<br><a href="#">Click here</a>   | 21<br><b>Standard First Aid &amp; CPR Level C + AED (for pre-registered participants)</b><br>9a.m-4p.m. | 22<br><b>Quench Your Thirst: How much sugar are you drinking?</b><br>12-1p.m. <a href="#">Click here</a>                 | 23<br><b>Know Your Rights and Responsibilities: Tackling Racism and Discrimination</b><br>10-11a.m. <a href="#">Click here</a><br><b>Free Computer Training PowerPoint with YMCA</b><br>10-11a.m. |
| 26  | 27<br><b>Your Elevator Pitch – Your Personal Statement</b><br>12-1p.m.<br><a href="#">Click here</a>  | 28<br><b>Hospitality Virtual Hiring Event</b><br>1:30p.m.-4p.m.<br><a href="#">Click here</a>           | 29<br><b>Planes, Trains and Automobiles - Travel tips to see Ontario</b><br>10a.m.-noon<br><a href="#">Click here</a>    | 30<br><b>Free Computer Training Google Drive &amp; Outlook with YMCA</b><br>10-11a.m.   |

**CALL TODAY TO REGISTER!**  
**416.964.3883**



**YWCA**  
TORONTO

NATIONAL ADVOCACY.  
COMMUNITY ACTION.



**United Way**  
Greater Toronto  
FUNDED AGENCY

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

# Workshop & Information Session Descriptions

## June 2, 2023 10-11a.m. – Anti-Racism Education Series Webinar pt.4

Join us in session 4, continued from our 4-part series which started in May and is an important discussion on racism in our society. A collaboration with Urban Alliance on Race Relations to dig deep in recognizing and countering racism in our everyday lives.

## June 7, 2023 noon-1p.m.- Enhance your Job Search Using Social Media

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

## June 9,16, 23, & 30 2023 1-2p.m. - Free Computer Training with YMCA

YWCA Jump Etobicoke in collaboration with the YMCA Digital Skills Literacy Program is offering free online computer training for newcomer women and gender diverse individuals. This four-part basic training is meant for beginners and includes, MS Word, MS Excel, MS PowerPoint and Google Drive and iCloud. \* PLEASE NOTE: To attend the training session, you will be required to complete a separate registration form with Employment Ontario.

## June 13, 2023 10a.m. - noon – Service Canada Overview for Newcomers

This is a session for newcomers to learn about the services provided by Service Canada including: Social Insurance Number, Employment Insurance, Education Savings Incentives (for minors), Pensions (Canada Pension Plan & Old Age Security), and Electronic Services: MSCA, Job Bank and the Benefits Finder.

## June 13, 2023 noon-1:00p.m. – Job search 101 and RBC Hiring process

Now is the perfect time to hone your job search skills! Not sure where to start or where to look for jobs? Our guest presenter from the Royal Bank will be on hand to provide a session on what RBC looks for when hiring. You will learn what employers want, and how to be selected for an interview and gain valuable information on current job search techniques. You will also have the opportunity to ask any questions. In this workshop, you will learn, job search strategies, the RBC hiring process, how to ace your virtual interview, resume must haves and how to network, and why it is important

## June 20 & 21 2023 9a.m-4p.m. - Standard First Aid & CPR-Level C with AED In-person training session at 222 Dixon Road, suite 207, Etobicoke

This program is for newcomer women interested in completing the Standard First Aid & CPR-Level C with AED. This is a 2-day in-person training program and is valid for 3 years. All participants will be provided with a **Lifesaver 101 First Aid & CPR Manual** and a **certificate** upon successful completion of the program.

## June 22, 2023 12-1:00p.m. - Quench Your thirst: - How much sugar are you drinking? Presented by Rexdale Community Health Centre

A nutritionist will present this important lifestyle webinar and provide an opportunity for newcomers to learn about the sugar we consume in our everyday lives and choosing better beverage options. Join us for this informative webinar which includes discussion on the prevention of Diabetes and the impact to our health.

## June 23, 2023 10-11:00a.m. - Know Your Rights and Responsibilities and Tackling Racism & Discrimination

In this session, the National Council of Canadian Muslims will help individuals learn about their basic legal rights and responsibilities as residents in Canada and what they should know about tackling Islamophobia and other forms of racism and discrimination. Join us for a detailed, action-oriented workshop empowering newcomer to speak up about the issues that are important to them.

## June 27, 2023 12-1:00p.m. - Your Elevator Pitch – your personal statement

An “Elevator Pitch” is a term to describe a method of how quickly you would present yourself to someone you just met. Typically, it takes 20-30 seconds for you to come down an elevator, develop your own statement to use, whenever meeting someone new, either on the street, at a job fair, in an interview, or your next professional opportunity. This statement will help you respond in a concise, confident and professional manner. Join us to create your own personal “Elevator Pitch”.

## June 28, 2023 1:30-4p.m. Hospitality Virtual Hiring Event

Employers will be hiring for several opportunities; Cashiers, Food Preparation, Customer Service, Hosts, Kitchen Helper, Dish Washers, Line cooks, Servers, Housekeeper, Cleaners and more. This hiring event is organized and facilitated by **YWCA Employment Ontario**. **To be considered for a seat, please send your resume to Grace at [gsurujbally@ywcatoronto.org](mailto:gsurujbally@ywcatoronto.org) and cc [aaarale@ywcatoronto.org](mailto:aaarale@ywcatoronto.org) by June 14. Your resume and candidacy will be reviewed by the EO team and the hiring employer. You will be notified if you are a selected candidate to participate in the hiring event.**

## June 29, 2023 10a.m. – noon - Planes, Trains and Automobiles - Travel tips to see Ontario

If you would like to explore Canada, this webinar will present interesting facts, travel spots and tips for getting around. It will confirm, without any doubt, what we already know: Canada is one of the best countries on earth. Period. The webinar will help you make informed choices for safe, affordable and enjoyable travel.