



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 2024

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 proof of full vaccination, social distancing and screening questions for onsite access.

Contact us:

416.964.3883 or
jumpetobicoke@ywcatoronto.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Individual Support Click here for a virtual or in person appointment call 416.964.3883
4 Virtual Yoga Session Part 1 10-11a.m. Click here	5	6	7 Food Handling Information Session 10a.m.-noon Click here	8
11 Individual Support Click here for a virtual or in person appointment call 416.964.3883	12	13 TD Bank Hiring Event 1:30p.m.-4p.m. Click here	14	15 Virtual Income Tax Clinic (By Appointment) Please call 416 964 3883 to register.
18	19 Healthy Eating for Busy Families 10-11:30a.m. Click here	20 Virtual Yoga Session Part 2 10-11a.m. Click here	21 Job Scams & Safe Job Search Part 1 & 2 10a.m.-noon Click here.	22 Virtual Income Tax Clinic (By Appointment) Please call 416 964 3883 to register.
25	26 Digital Skills Series Part 1 9:30a.m.-12:30p.m. (Closed Session)	27 Digital Skills Series Part 2 9:30a.m.-12:30p.m. (Closed Session)	28 Individual Support Click here for a virtual or in person appointment call 416.964.3883	29 Closed For Good Friday

**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

March 1, 11, 28, 2024 9a.m.-4p.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.

March 4 & 20 2024 10-11a.m. – Virtual Yoga Part 1 & 2

Join a virtual Yoga class led by a Certified Yoga Instructor. Give yourself the opportunity to embark a journey of self-discovery, wellness and transformation through the integration of breathing, movement and mindfulness. Right from the comfort of your home discover the profound benefits of yoga for your body, mind and spirit. You are welcome to register for both or just attend one of the two offered sessions.

March 7, 2024 10- noon. - Food Handling Information Session

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.

March 13, 2024 1:30-4p.m. – TD Bank Hiring Event

TD Bank keeps growing, and so can you! Can you bring your charming self to work and make customer interactions delightful one? Can you process financial transactions accurately and get a sense of achievement by providing excellent customer experience? If so then, take the next step to your future today and apply for the position of Customer Experience Associate. We are expecting an all-around champion who can understand customer needs and advise best suited banking solutions for a positive customer experience. This hiring event is organized and facilitated by YWCA Employment Services (Employment Ontario). **To be considered for a seat, please send your resume to Ayan at aaale@ywcatoronto.org by February 28, 2024.**

March 15 & 22, 2024 9a.m.-5p.m. - Virtual Income Tax Clinic (By appointment)

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 2023. **Please call 416 964 3883 to register.**

March 19, 2024 10-11:30a.m. – Healthy Eating for Busy Families

With busy lives, we often choose convenience over nutrition when deciding what to eat. Join us for an informative session where we will learn the Importance of whole foods, creating a balanced plate, meal prep techniques to save time and shop smarter, and share easy breakfast, lunch, and dinner ideas. Join us in this presentation offered by the Rexdale Health Community Centre.

March 21, 2024 10-Noon. – Job Scams & Safe Job Search Part 1 & 2

With increased technology and the use of social media and job search platforms, job scammers can find ways to attract your attention and obtain your personal information. In your job search efforts, you may encounter job posting that seem credible but are in fact a job scam. Attend this two-part session to learn how to be safe during your job search, identify red flags and gain practical experience.

March 26 & 27, 2024 – Digital Skills Series (Closed Session)

This Digital Skills for the Workplace (DSW) Series brings accessible and practical digital skills training what aims to help you enter the Canadian Labour Market. Whether you are returning to the workforce, changing careers or seeking advancement in your field – the DSW program can help you increase your digital literacy and skills! This 2-part series will take place within an in-person computer classroom to gain hands on experience. **This series is a closed session in collaboration with YWCA's English Language Skills and Development.**