








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 | ywca-toronto.org/jump |     

February 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.

For in-person, individual appointments please contact us.

JUMP Etobicoke are offering services under a hybrid format.

YWCA Toronto COVID policy is in place and includes masking, social distancing and self screening for onsite access.

Contact us: 416.964.3883 or jumpetobicoke@ywca-toronto.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Virtual Assistant Skill Building Program 10a.m.-noon	2 Tax Information Session for Newcomers CRA 10a.m. -noon Click here	3 Virtual Assistant Skill Building Program 10a.m.-noon
6 Individual Support Click here for a virtual or in person appointment call 416 964 3883	7 What you need to know about RRSP's with RBC 11a.m. – noon Click here	8 Virtual Assistant Skill Building Program 10a.m.-noon	9 How to be a Smart Shopper YMCA 1:30-3p.m. Click here	10 Virtual Assistant Skill Building Program 10a.m.-noon Food Handling Training Review Session 12:30-2:30p.m.
13 Food Handling Training Exams By Appointment	14 Beating the Winter Blues Session 1 10:30a.m. -noon Click here	15 Virtual Assistant Skill Building Program 10a.m.-noon	16 Beating the Winter Blues Session 2 10:30a.m. -noon Click here	17 Virtual Assistant Skill Building Program 10a.m.-noon
20 Family Day Closed	21 Beating the Winter Blues Session 3 10:30a.m. -noon Click here	22 Virtual Assistant Skill Building Program 10a.m.-noon Express Employment Hiring Event 1:30 – 4:00p.m. Click here	23 Stress: Why it Helps George Hull 10a.m.-noon Click here	24 Virtual Assistant Skill Building Program 10a.m.-noon
27 Beating the Winter Blues Session 4 10:30a.m. -noon Click here Standard First Aid & CPR-Level C/HCP In person	28 Job Search 101 and RBC Hiring process 11a.m.-noon Click here	NEW* Christopher Leadership Public Speaking is being offered on Sunday February 12-April 30, 2023 ask us for more details and eligibility!	Crisis or emergency situations needs no appointment. Please call us at 416 964 3883	

CALL TODAY TO REGISTER!
416.964.3883



NATIONAL ADVOCACY COMMUNITY ACTION.



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Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

Workshop & Information Session Descriptions

February 1, 3, 8, 10, 15, 17, 22, 24 (March 1, 3), 2023 10a.m-noon. Virtual Assistant Skill Building Program (Every Wednesday & Friday in February & March)

Virtual Assistant (or, VA) is a growing occupation in the digitalized, post-pandemic work environment. This skill-building program will provide newcomer women with the knowledge and entry-level skills. Participants for this program have been selected from Information sessions that were held in December and January.

February 2, 2023 10 a.m. – noon. Tax Information Session for Newcomers CRA

Confused about filing taxes in Canada? Join us in this information session presented by the Canada Revenue Agency. You will receive information about the Canadian tax system and your rights & responsibilities as a taxpayer in Canada. Get all your tax questions answered. Topics include: How the Canadian Tax System works; Social Insurance Number, Residency Status, World Income and Tax Treaties. Newcomer specific Benefits and Credits; Canada Child Benefit, Child Disability Benefit, Disability Tax Credit, Goods and Services Tax/Harmonized Sales Tax Credit Climate Action Incentive, Canada Workers Benefit, the Underground Economy and how to benefit from the Community Volunteer Income Tax Program (CVITP).

February 7, 2023 11 a.m. – noon. What you need to know about RRSP's with RBC

During this information session, you will learn more about saving and investing for your new life in Canada. We all have questions and concerns when it comes to saving money, and seeing our money grow, to answer some questions the JUMP program has invited a guest from the Royal Bank to provide information and tips on the best way to save, while ensuring your money is invested safely and wisely. The Investment Specialist from the Royal Bank will cover a number of essential information including: What is an RRSP and how can it help me save for retirement, three Key Investing Principles and five Questions to answer when planning your retirement.

February 9, 2023 1:30 – 3:00p.m. How to be a Smart Shopper

Having money trouble as grocery prices continue to go up? Is it hard to determine what is considered 'safe' online shopping? Join us, and the YMCA in join to learn about some tips and key points on your shopping needs, ranging from buying a house, furniture, or clothes. This webinar will provide you with information and resources for both online and in-person shopping, including, an overview on avoiding potential frauds during your shopping experience.

February 14, 16, 21, 27, 2023 10:30a.m. – noon. Beating the Winter Blues

During the winter months the shortened days, minimal sunlight and bad weather can change our mood and make us as gloomy as the dark skies above. Our energy drops, and we get the "winter blues". Learn how to deal with the "winter blues" also known as Seasonal Affective Disorder (SAD) and make the most out of your winter season. This four-part series covers topics such as, How to improve your mood with food, boosting your energy naturally, dieting and lifestyle tips, regulating our nervous systems, and how to practice self-care.

February 22, 2023 1:30 – 4:00p.m. Express Employment Virtual Hiring Event

Searching for new employment? Join us and see the available opportunities Inside Sales, Office Support, Warehouse Associates, Retail Store Assistant, Light Packing Associates; Shipper Receiver, Fork Lift Operators and more... **To be considered for a seat please email your resume to Grace at gsurujbally@ywcatoronto.org prior to February 8, 2023.**

February 23, 2023 10a.m.-noon. Stress in Adults; why it helps - with George Hull

The JUMP program has invited guest speakers from George Hull, an organization well known for promoting mental health and assisting individuals in achieving mental wellness to help us understand stress. This workshop will discuss and explain how stress affects adults, and how we can cope with stressors in day-to-day life.

February 28, 2023 11a.m.-noon. Job Search 101 and RBC Hiring process

The New Year is here and it 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