




**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 |     

## September 2022

### FREE UPCOMING EVENTS

#### To register for:

#### Events/Webinars:

Please click the link under the webinar to register.

\*We will be offering the Hybrid Retail Certificate Training online & on site at 222 Dixon Road, St. 207

#### 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:

647.354.2618 or 416.964.3883 or [jumpetobicoke@ywcatoronto.org](mailto:jumpetobicoke@ywcatoronto.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	Crisis or emergency situations needs no appointment. Please call us at 647.354.2618		Individual Support <a href="#">Click here</a> for an appointment	Feel Good Fridays 12:30-130p.m <a href="#">Click here</a>
5	6	7	8	9
Labour Day Closed		Spectrum Health Care Virtual Hiring Event 1:30p.m. – 4p.m. By invitation TD Bank pre-screening/ Information session 1:30-4p.m. <a href="#">click here</a>	Food Handling Training Info Session Itinerant	The Canadian Justice System Webinar Series Part 2 Policing the Police 10:30a.m.-noon <a href="#">Click here</a> Feel Good Fridays 11 a.m.-noon <a href="#">Click here</a>
12	13	14	15	16
Individual Support Click here for an appointment	Professional Office Administration Certificate September 12-16 9:30a.m.-noon <a href="#">click here</a>			Christopher Leadership Public Speaking Info/Registration session <a href="#">Click here</a> Feel Good Fridays 11 a.m.-noon <a href="#">Click here</a>
19	20	21	22	23
Retail Certificate Training #1 10a.m.-noon Online via zoom <a href="#">Click here</a> to register for all 3 sessions	Retail Certificate Training #2 10a.m. -1pm Onsite 222 Dixon Road	Retail Certificate Training #3 10a.m.-1p.m. Onsite 222 Dixon Road TD Bank Virtual Hiring Event 1:30-4p.m. By invitation	Cash Register Training Itinerant	Food Handling Training Review Session Itinerant Feel Good Fridays 11 a.m.-noon <a href="#">Click here</a>
26	27	28	29	30
Food Handling Training Exams by appointment	Everything you wanted to know about Women's Health Rexdale Community Health Centre 1-2:30p.m. <a href="#">click here</a>	Food Handling Information and Registration session 10a.m.-noon <a href="#">Click here</a>	Feel Good Fridays (Changed to Thursday this week only) 11 a.m.-noon <a href="#">Click here</a> Standard First Aid & CPR- Level C/HCP Offsite	Truth & Reconciliation Day Closed

**CALL TODAY TO REGISTER!**  
416.964.3883



**YWCA TORONTO**

NATIONAL ADVOCACY COMMUNITY ACTION.



United Way Greater Toronto



Funded by:

Immigration, Refugees and Citizenship Canada

Financé par :

Immigration, Réfugiés et Citoyenneté Canada

## Workshop & Information Session Descriptions

**September 2, 2022 12:30-1:30 p.m.**

**September 9, 16, 23, 29, 2022 11a.m.-noon Feel Good Fridays (As YWCA is closed on September 30<sup>th</sup>, we will hold this session on September 29<sup>th</sup> instead.)**

Fridays never felt so good! Join a light hearted series called Feel Good Friday's to help get you ready for the weekend, all while learning wellness skills that can improve your mood and support you in living a life you enjoy. Each week we have explored a new theme, developed a skill together that is used to engage in self-reflection.

**September 7, 2022 1:30-4p.m. TD Bank pre-screening/ Information session (for JUMP Etobicoke clients):**

**Attendance to pre-screening session is required to receive the zoom link for TD Bank virtual Hiring event on September 21 @ 1:30 p.m.**

At TD Canada Trust, we are the frontline of TD Bank. We strive to build deep and long- lasting relationships with our customers. By understanding their needs and providing personalized financial solutions, our purpose is to help our customers and small businesses achieve their financial goals. Take the next step to your future today to be interviewed on the spot for the position of Customer Experience Associate.

**September 7, 2022 1:30-4p.m. Spectrum Health Care Virtual Hiring Event**

Virtual Hiring event for PSW's. Information session held on August 30th, [Click here](#) to register or, if you missed the session, contact [jbrabanillo@ywcatoronto.org](mailto:jbrabanillo@ywcatoronto.org) and submit your resume.

**September 9, 2022 11a.m.-noon. The Canadian Justice System Series – Part 2- Policing the Police**

The Canadian justice system is unique and may be complex to navigate for newcomers. Two official languages (English and French) and two legal traditions (common law and civil law) co-exist providing Canadians with a framework of rights, freedoms and duties as members of society.

**September 12-16, 2022 9:30-noon. Professional Office Administration Certificate (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. A certificate of completion will be provided to those attending the full five days.

**September 14, 2022 6-7:30p.m. Finances & Banking for Newcomers with CIBC Note: This is an evening session**

Join us for this insightful information session celebrating Welcoming Newcomers Week in Canada (September 12-19). CIBC will present the session, and cover topics specific to newcomers including the CIBC Smart account, general banking services, savings for the future, government programs, credit cards and buying a home.

**September 16, 2022 10-11:30a.m. Christopher Leadership Public Speaking Info Session (Actual program will run 10 weeks, every Friday, October to December)**

**The Christopher Leadership Course of Canada** provides a welcoming and supportive environment where you will build strong leadership skills and learn to overcome your fear of standing up in front of a group to speak. The course is a powerful asset and confidence-builder for anyone, but especially tailored for people in transition, whether that be from school into the workforce, from another country into Canada, or from one career to another. **To be accepted to the training you must attend this information and registration session.**

**September, 19-21, 2022 Retail Certificate Training (Hybrid) Maximum 10 onsite/in-person 222 Dixon Road suite 207, Etobicoke, ON**

Session 1 (online) 10a.m.-noon Session 2 & 3 (in person). 10a.m.-1p.m. **Do not register if you cannot attend the in-person classes.**

The Retail Skills Certificate is an introductory, (hybrid) online and in-class, three-day series for women and gender diverse newcomers seeking employment in the retail sector.

By the end of this series you will:

- \* Gain a better understanding of the retail sales sector in Canada
- \* Learn and practice basic skills in customer service including how to handle stressful situations
- \* Improve your interpersonal and communication skills

**VERY IMPORTANT:** This series is offered in a hybrid format, September 19, is on Zoom and September 20 & 21 are in person. TTC tokens are provided for those using public transportation. YWCA COVID policy is in place, including s, proof of full vaccination and screening questions. Limit of 10 participants. Must attend all 3 workshops to earn the Certificate

**September 27, 2022 1-2:30p.m. Rexdale Community Health Centre – Everything you wanted to know about Women's Health**

We are pleased to welcome our guest presenter from Rexdale Community Health Centre to discuss women's health; the importance of annual check-ups, advocating for yourself, finding a Doctor or a Gynecologist, exercise, finding reliable health information and resources, and learn of the available government programs for women such as PAP tests, and Mammograms.

**September 28, 2022 10a a.m.-noon. Food Handling Information and Registration 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