



## YOUR NEW LIFE IN CANADA STARTS HERE!

### INDIVIDUAL SERVICES

- Meet trained counsellors and make informed settlement decisions.
- Complete a work readiness assessment to discover the most suitable work for you.
- Identify alternative career options, and develop short and long term goals.
- Learn how to bridge gaps in your career history, work experience and education.
- Enter a safe, women only learning environment and become part of a community.

### GROUP SESSIONS

- Build your confidence, meet other newcomer women and find support in shared experiences.
- Attend job search, volunteer, networking and employer events to learn more about the Canadian work environment.
- Build your own career connections, professional network and local community.
- Attend engaging group sessions and activities to develop a sense of belonging and exposure to Canadian culture and diversity.

*(see back page)*

“ YWCA JUMP has been an amazing experience. From the beginning, it helped me meet new people and become a part of the community I live in. Thank you. ”

- Serena W.  
YWCA JUMP client

**TTC Tokens  
may be  
provided based  
on eligibility**

[ywcatoronto.org](http://ywcatoronto.org)



**YWCA JUMP** is an exciting program for newcomer women and girls 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.)*

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