



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, protected persons, live-in caregivers or temporary residents and their dependents from Ukraine and Gaza. Proof of immigration status must be provided.

222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5

416.964.3883 | ywca-toronto.org/jump |     

January 2025

FREE UPCOMING EVENTS

To register for:

Events/Webinars:

Please click the link under each session 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 is offering services under a hybrid format.

In person, individual appointments can be requested.

Participants and visitors are required to self-screen for in-person appointments.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED <i>For New Years Day</i>	2	3
6 Individual Support Click here for a January virtual or in person appointment call 416.964.3883	7 FREE Digital Awareness-Ready for Employment (DARE) Program Information Session 11a.m.-Noon <i>To register, email atarig@ywca-toronto.org</i>	8	9 Food Handling Information Session 10.-11:30a.m. Click here	10 Individual Support Click here for a January virtual or in person appointment call 416.964.3883
13	14	15 Boost Your Pronunciation Day 1 IN-PERSON 10a.m.- 1p.m. Click here	16	17 Francophone Services for Newcomers Information Session 10-11a.m. Click here
20 Boost Your Pronunciation Day 2 IN-PERSON 10a.m.- 1p.m.	21 New Year, New You: Cultivating Personal Growth & Well-being HYBRID 10a.m.- Noon Click here	22 Boost Your Pronunciation Day 3 IN-PERSON 10a.m.- 1p.m.	23	24 Making Healthy Choices on a Budget 10.-11:30a.m. Click here
27 Boost Your Pronunciation Day 4 IN-PERSON 10a.m.- 1p.m.	28	29 Boost Your Pronunciation Day 5 IN-PERSON 10a.m.- 1p.m.	30 Individual Support Click here for a January virtual or in person appointment call 416.964.3883	31



SCAN TO REGISTER
for January workshop and events

CALL TODAY TO REGISTER!
416.964.3883



NATIONAL ADVOCACY COMMUNITY ACTION.



Funded by:

Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

Workshop & Information Session Descriptions

January 2025 9a.m.-5p.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 a in-person or online appointment according to your schedule. Services can include settlement support and referrals or employment counselling; resume critique, interview preparation, and online job search support.

January 7, 2025 11a.m.-Noon – FREE Digital Awareness-Ready for Employment (DARE) Program Information Session- Webinar

Join this information session to learn about the digital skills and employment readiness program designed for newcomer women residing in Etobicoke and Peel Regions. **If you would like to attend this session, please email Afshan atarig@ywcatoronto.org and express your interest and let them know you are a client form JUMP Etobicoke Program. For more information you can contact 416-269-0091 x 231.** **This program is generously funded by the Toronto Pearson International Airport's Propeller Project and brought to you by the YWCA Skills Development Centre.*

January 15, 20, 22, 27 & 29 2025 10a.m.-1p.m. – Boost Your Pronunciation and Communication Skills Series – IN PERSON at 222 Dixon Road, Suite 207 Etobicoke Ontario, M9P 3S5.

Want to improve your pronunciation of English and increase your confidence? Do you find it challenging to communicate in job interviews, networking opportunities or in your daily conversations due to pronunciation? Attend this five-day series, where you will; complete a pronunciation assessment, practice strategies and pronunciation exercises to improve on difficulties, build confidence in your communication skills, and receive constructive feedback and present on job related topics. This series is offered by communication coach, Gloria Pierre, founder of Clearly Speaking. ***Those who take public transportation to attend this series will receive TTC Presto cards.***

January 9, 2025 10-11:30a.m.- Food Handling Certificate Information Session - Webinar

YWCA 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. Join this information session to learn more about obtaining the Basic Food Handling Certificate for free.

January 17, 2025 10-11a.m. – Francophone Services for Newcomers Information Session - Webinar

Are you a French-speaking newcomer or know anyone who may benefit from Francophone services in Canada? Join this webinar to learn about employment, settlement and one-on-one supports you can receive in the French language.

January 21, 2025 10a.m.-Noon– New Year, New You: Cultivating Personal Growth and Well-being– Hybrid ONLINE & IN PERSON at 222 Dixon Road, Suite 207 Etobicoke Ontario, M9P 3S5

Join us in a casual conversation circle where participants are invited to reflect on personal growth, building healthier habits, and setting achievable goals for the fulfilling new year. You have the option of attending this session online or in-person. Register now, and let us know how you wish to participate in this session where we will discuss cultivating healthier habits for the New Year. ***Those who take public transportation to attend this session in-person will receive TTC Presto cards.***

January 24, 2025 10-11:30a.m. – Making Healthy Choices on a Budget – Webinar

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 preparation 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.