



**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](http://ywca-toronto.org/jump) |     

## July 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; résumé 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.



**SCAN TO REGISTER**  
More info at  
416.964.3883 or  
[jumpetobicoke@ywca-toronto.org](mailto:jumpetobicoke@ywca-toronto.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed for Canada Day	2 Individual Support <a href="#">Click here</a> for a virtual or in person appointment call 416.964.3883	3	4 Protecting and Visiting Natural Areas in Canada 10-11:30a.m. <a href="#">Click here</a>	5
8	9 Quench Your Thirst 10-11:30a.m. <a href="#">Click here</a>	10 Let's Talk About It: A Kid's Guide to Periods 10-11a.m. <a href="#">Click here</a>	11 Effective Résumés & Cover Letters 10a.m.-12:30p.m. <a href="#">Click here</a>	12
15	16 Aromatherapy for Stress, Pain & Sleep 10-11a.m. <a href="#">Click here</a>	17 Virtual Cash Register Training 10a.m.-Noon <b>(Closed for Centre for Skills Development)</b>	18	19
22	23 ROM Tickets Information Session 10-11a.m. <a href="#">Click here</a>	24 Empowering Women: Navigating Money & Relationships <b>(Closed session for ELSD)</b> 10:30a.m.-Noon	25 Benefits and Credits for Newcomers with CRA 10-11a.m. <a href="#">Click here</a> Virtual Cash Register Training <b>(Closed session for Achev Mississauga)</b>	26
29 Individual Support <a href="#">Click here</a> for a virtual or in-person appointment call 416.964.3883	30 Center Island Field Trip 9a.m.-4p.m. <a href="#">Click here</a>			

**CALL TODAY TO REGISTER!**  
**416.964.3883**



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COMMUNITY ACTION.



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Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

# Workshop & Information Session Descriptions

## **July 2 & 29, 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; résumé critique, interview preparation and online job search support.

## **July 4, 2024 10-11:30a.m. – Protecting and Visiting Natural Areas in Canada – Webinar**

As residents of Canada, it is our mutual responsibility to protect for the natural areas and it is a privilege to enjoy beautiful views of nature. Join this webinar where you learn how the three levels of government protect natural areas in Canada and about visiting National Parks, Ontario Parks, Conservation Authorities and The Meadoway, a vibrant 16-kilometre stretch of restored urban meadowlands in Toronto. *Participants will answer Canadian citizenship questions focusing on Canadian history, geography and symbols during the presentation. This session is offered to you by the Toronto and Region Conservation Authority.*

## **July 9, 2024 10-11:30a.m. – Quench Your Thirst – How much sugar are you drinking? - Webinar**

How much sugar are you drinking? Summer hot days may lead us to drinking cold beverages that contain excess sugar. Join this webinar where you will learn from a registered Dietitian and Diabetes educator on choosing healthier beverage options. This webinar is offered in collaboration with the Rexdale Community Health Centre.

## **July 10, 2024 10-11a.m. – Let's Talk About It, A Kid's Guide to Periods – Webinar**

Join this webinar adults will learn ways to talk to kids about periods, how to normalize conversations about periods and how to support future menstruating individuals for the first period. *This webinar is brought to you by The Period Purse.*

## **July 11, 2024 10a.m.-12:30p.m. – Effective Résumés and Cover Letter- Webinar**

Have you been applying to jobs with your current résumés and noticing you are not being contacted? Are you an internationally trained professional who is seeking employment in the Canadian Labour market? A résumé is not only a written representation of your professional background but also one of the strongest tools that can lead to a job interview. Often times a job posting may request you submit a cover letter along with your résumés. If you do not have a well-prepared cover letter, this may affect your chances of being invited for an interview. Join this two-part session where you will learn about the basics of creating an effective résumés and cover letter.

## **July 16, 2024 10-11a.m. – Aromatherapy for Stress, Pain and Sleep – Webinar**

Aromatherapy is the practice of using essential oils from natural plant extracts to enhance both psychological and physical well-being. Join this webinar where you will: gain a deeper understanding of aromatherapy, explore how various scents can promote relaxation, motivation, support pain relief and improve sleep quality, learn how aromatherapy works can benefit your overall wellness. This webinar is brought to you by Maria Fiordalisi, Holistic Wellness Practitioner.

## **July 17, 2024 10a.m.-Noon - Virtual Cash Register Training (Closed session for community partner)**

This session is closed and offered as itinerant services to Center for Skills Development.

## **July 19, 2024 10-11a.m. – FREE ROM Tickets Information Session – Webinar**

Join us to discover the wonders of the Royal Ontario Museum (ROM) a world class Museum that combines exhibits of nature and history in Toronto. Participants will receive free tickets to visit at a time of your convenience.

## **July 24, 2024 10:30a.m.-Noon – Empowering Women: Navigating Money & Relationships (Closed session for YWCA's English Skills Development Centre)**

Conversations about money can be challenging in relationships. In this workshop, participants will learn about understanding their legal rights and responsibilities, economic abuse in relationships, navigating post-marital and non-marital relationship endings and how to seek support. This session is closed is being offered to YWCA's English Skills Development Centre.

## **July 25, 2024 10-11a.m. – Benefits and Credits for Newcomers with CRA – Webinar**

Join us for this informative Information session to learn about Benefits and Credits available to newcomers in Canada such as 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). *This webinar to brought to you by Canada Revenue Agency (CRA).*

## **July 25, 2024 10a.m.-Noon- Virtual Cash Register Training (Closed session for community partner)**

This session is closed and offered as itinerant services to Achev Mississauga.

## **July 30, 2024 9a.m. -4p.m. – Trip to Centre Island In-Person Field Trip**

Centre Island is the most popular of the Toronto islands. Fountains, an amusement park, a duck pond, a beach, pier and many other attractions are yours to discover. This trip is for women and gender diverse newcomers who want explore Centre Island. You are welcome to bring children under 16. Instructions to meet at the Toronto Ferry docks will be provided after registration. Together we will take the ferry to reach the island. **\*Note: This trip will involve a lot of walking outdoors, dress appropriately, bring sunscreen, a hat and wear comfortable shoes. Don't forget to bring water, snacks and lunch. Transportation to and from the Island will be provided.**