

BUILDING ON SKILLS

LANGUAGE IN THE WORKPLACE WORKSHOPS -

How you should sound & how you should look – and WHY it counts!

- ◆ In an Office
- ◆ In a Daycare or School
- ◆ In Retail and Customer Service
- ◆ In Manufacturing
- ◆ In Homecare

LEARN ABOUT:

Pronunciation - Vocabulary -
Body Language Communication -
Business Etiquette

BUILDING ON SKILLS WORKSHOPS

LEARN ABOUT:

Self-Employment in Canada - Contract Work
- Fee-for-Service -Computer Lab with FREE High Speed
Internet, Simply Accounting & Typing Tutor
Job Postings
Learner Resource Centre

- ◆
- ◆
- ◆
- ◆



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HEALTHY LIFESTYLES PROGRAM

enhancing the quality of life of
immigrant & visible minority women



Safe, Caring Environment

Make Friends

Share experiences

Network

Gain Knowledge

Learn About Your Community

Empower Yourself

- ◆ Information on Parenting, Nutrition, Women's Health, Volunteering, and much more!
- ◆ Women develop capacity for successful integration into their neighbourhoods
- ◆ Women learn about community resources for the health and well-being of themselves and their children

OUTREACH WORKSHOPS

Meet in your own community!

*Various locations across Kitchener-Waterloo.
Topics & times vary.*

*Program funding provided by the
United Way.*

