

## INVESTING IN WOMEN'S FUTURES

helping immigrant & visible minority women  
towards economic self-sufficiency

- ◆ Provides sewing skills training to develop employable skills
- ◆ Enables women to overcome barriers to employment by providing employment counseling and computer training

### VISIBLE & IMMIGRANT MINORITY WOMEN

Learn how to operate industrial sewing machines

- ◆ Benefit from employment preparation to enter the Canada workplace
- ◆ Receive one-on-one employment support
- ◆ Gain computer experience



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### INDUSTRIAL SEWING MACHINE TRAINING

#### LEARN

- ◆ Industrial sewing machine operation
- ◆ Employment preparation skills
- ◆ Life skills
- ◆ Computer skills



### INDIVIDUAL EMPLOYMENT COUNSELLING

#### EMPLOYMENT ASSISTANCE INCLUDES

- ◆ Skills assessment
- ◆ Career exploration
- ◆ Resume & cover letters
- ◆ Interview preparation
- ◆ Job search skills
- ◆ Labour market information

### COMPUTER TRAINING

- ◆ Learn computer fundamentals
- ◆ Practice keyboarding & word processing
- ◆ Set up email accounts
- ◆ Create, save & modify documents
- ◆ FREE high speed internet

Friendly, supportive environment!

*Childcare and transportation assistance may  
be available based on need.*

### CLASSROOM SESSIONS

***Develop skills... develop confidence!***

Contact Focus for Ethnic Women  
for upcoming start dates.

Program funding provided by the  
Ontario Women's Directorate

