



# Kitchener-Waterloo Immigrant Services Workshop Descriptions

## ENGLISH CONVERSATION CIRCLE

- Discuss various topics with the help of an experienced group facilitator
- Practice your English conversation skills
- Practice your English speaking, listening and comprehension.

## CITIZENSHIP SUPPORT GROUP

- To support newcomers in the better understanding of citizenship related themes and concepts
- Provide newcomers with an introduction to language including Vocabulary and simple phrases
- Help newcomers study and learn the materials required to become a Canadian citizen
- Promote newcomers' integration by becoming active citizens

## INVESTING IN WOMEN'S FUTURES

- Sewing Machine Operation & Employment Training
- Employment Preparation Skills
- Life Skills Coaching
- Customer Service Training
- Self-Employment, Start-Up

## COOKING & CONVERSATION

- Make new friends and practice English
- Prepare healthy meals following the Canada's Food Guide
- Learn about healthy eating practices
- Learn how to choose vegetables and fruits that are affordable
- Make eating vegetables and fruit part of your daily diet

## FAMILY LANGUAGE & LEARNING

- For families who have been in Canada less than 3 years.
- English Conversation Circle for parents
- Homework support in French and English (Grades K-12) for teens & children. *Computers are available for students.*

## IWF COMPUTER TRAINING FOR NEWCOMER WOMEN ONLY-LEVEL 2

- Using MS Excel to create a home budget
- Using MS PowerPoint to create presentations
- Using the internet to meet your daily needs and questions

## BASIC COMPUTER PROGRAM FOR NEWCOMER

### MS Word

- Becoming comfortable with using a computer
- Internet search for your daily needs and questions
- Opening and using email and MS Word

### MS Excel

- Using MS Excel to create a home budget
- Using MS PowerPoint to create presentations
- Using the internet to meet your daily needs and questions



# **KITCHENER EMPLOYMENT SERVICES WORKSHOP DESCRIPTION**

## **OCCUPATIONAL DECISION MAKING & SECOND CAREER INFORMATION SESSION**

Provides a model to structure your occupational or career research.

Learn about Second Career and the application process.

\* This workshop is mandatory for those interested in Second Career.

## **YOUTH JOB CONNECTION PROGRAM**

Are you between the ages of 15-29, out of school fulltime and looking for work? Come to know more about:

- Paid pre-employment activities / workshops
- One to one help with your job search
- Access to paid placement opportunities

## **MOCK INTERVIEWS**

Practice your interview skills with one of our Employment Specialists.

The mock interview will resemble a real interview to provide experience for our clients.

Mock interviews will be videotaped, and the candidate is shown the tape after the session. Feedback is provided by an Employment Specialist.

## **EMPLOYMENT STANDARDS**

Learn more information on the following topics: hours of work, minimum wage, overtime pay, termination or employment and more.