



YMCA Immigrant & Employment Services
Sessions and Programs
February 2019

Kitchener-Waterloo Office
800 King Street West,
Kitchener, ON, N2G 1E8
Phone: 519-579-9622

SETTLEMENT SERVICES		HOURS			
LANGUAGE ASSESSMENT & REFERRAL SERVICES		Monday to Thursday: 8:30am – 4:30pm			
EMPLOYMENT SERVICES		Friday: 8:30am – 12:00pm			
Evening appointments for Language Assessment & Settlement Services are available on select days. Please call 519-579-9622 to schedule an appointment.					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Investing in Women's Futures (9:30am-12pm)	2 Basic Computer Program for Newcomer Women Only – Level 1 9am-12pm
4 Investing in Women's Futures (9:30am-12pm) English Conversation Circle (1-2:30pm) Kitchener Public Library Occupational Decision Making & Second Career Information (9:30-11:30am)	5 Investing in Women's Futures (9:30am-12pm)	6 Investing in Women's Futures (9:30am-12pm) Basic Computer Program for Newcomers-Level 1 (4:30-7:30pm) Family Language & Learning (4:30-6:30pm) English Conversation Circle (9:30-11:30am)-Kingsdale Community Centre (6:30-8pm)- Albert McCormick Community Centre	7 Investing in Women's Futures (9:30am-12pm) Basic Computer Program for Newcomers-Level 2 (9:30am-12:30pm) English Conversation Circle (9:30-11:30am) Cooking & Conversation (1:00pm-2:30pm)	8 Investing in Women's Futures (9:30am-12pm) Immigrant Women Together (9:30-11:30am)	9 Basic Computer Program for Newcomer Women Only – Level 1 9am-12pm
11 Investing in Women's Futures (9:30am-12pm) English Conversation Circle (1-2:30pm) Kitchener Public Library	12 Investing in Women's Futures (9:30am-12pm)	13 Investing in Women's Futures (9:30am-12pm) Basic Computer Program for Newcomers-Level 1 (4:30-7:30pm) Citizenship Support Program (4:30-6:30pm) Family Language & Learning (4:30-6:30pm) English Conversation Circle (9:30-11:30am)-Kingsdale Community Centre (6:30-8pm)- Albert McCormick Community Centre	14 Investing in Women's Futures (9:30am-12pm) Basic Computer Program for Newcomers-Level 2 (9:30am-12:30pm) English Conversation Circle (9:30-11:30am) Cooking & Conversation (1:00pm-2:30pm) Employment Standards (1-3pm)	15 Investing in Women's Futures (9:30am-12pm) Immigrant Women Together (9:30-11:30am)	16 Basic Computer Program for Newcomer Women Only – Level 1 9am-12pm
18 Investing in Women's Futures (9:30am-12pm) English Conversation Circle (1-2:30pm) Kitchener Public Library	19 Investing in Women's Futures (9:30am-12pm)	20 Investing in Women's Futures (9:30am-12pm) Basic Computer Program for Newcomers-Level 1 (4:30-7:30pm) Citizenship Support Program (4:30-6:30pm) Family Language & Learning (4:30-6:30pm) English Conversation Circle (9:30-11:30am)-Kingsdale Community Centre (6:30-8pm)- Albert McCormick Community Centre	21 Investing in Women's Futures (9:30am-12pm) Basic Computer Program for Newcomers-Level 2 (9:30am-12:30pm) English Conversation Circle (9:30-11:30am) Cooking & Conversation (1:00pm-2:30pm)	22 Investing in Women's Futures (9:30am-12pm) Immigrant Women Together (9:30-11:30am)	23 Basic Computer Program for Newcomer Women Only – Level 1 9am-12pm
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Employment Ontario programs are funded in part by the government of Canada



Funded by:

Immigration, Refugees and Citizenship Canada

Financé par:

Immigration, Réfugiés et Citoyenneté Canada

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

IMMIGRANT WOMEN TOGETHER

This 9-week program is designed for Newcomer women to:

- Share experiences,
- Connect with the community,
- Build social skills
- Have fun in a safe, caring environment.

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.*

BASIC COMPUTER PROGRAM FOR NEWCOMER WOMEN ONLY- LEVEL 1

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

BASIC COMPUTER PROGRAM FOR NEWCOMER LEVEL 1

- Becoming comfortable with using a computer
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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



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.

EMPLOYMENT STANDARDS

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

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.

- **Mock Interviews are available and will be scheduled upon request**
- **Registration is required to attend the workshop**
- **Dates are subject to change**