



CAREER & TRAINING FORUM

Want to know about career and training opportunities and how you can access them?

THIS FORUM IS FOR YOU!

EXPLORING YOUR OPTIONS

EMPOWERING WOMEN THROUGH EDUCATION AND EMPLOYMENT

- Career planning, coaching and job preparation
- Balancing work and family life
- Mental well-being in the workplace
- Starting your own business
- Informative workshops
- Services and programs for newcomers

- ✓ **Discover non-traditional training opportunities!**
- ✓ **Connect with service providers!**
- ✓ **Bring your resume and get tips on how to improve it!**



**PARKDALE
QUEEN WEST
Community
Health Centre**

SATURDAY, OCTOBER 5th 2019

9:30 AM - 3:00 PM

For more information
or to register, please contact:

416.537.8222 Nancy, ext. 3310
NSteckley@pqwchc.ca

REGISTRATION IS REQUIRED

Space is limited. Call now to save your spot!



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous

The Centre
for Mindfulness
Studies

JobStart
Where Futures Begin



TIMES CHANGE
WOMEN'S EMPLOYMENT SERVICE

WE Hub



UPWITHWOMEN



Skills for Change