



# S.M.A.R.T. SELF-MANAGEMENT ASSESSMENT RESOURCES TRAINING

**Time:** 9:30 am – 2:30 pm **Location:** ZOOM Online Meet **Language:** English

*An 8-week wraparound program designed for IMMIGRANT WOMEN to begin the journey to employment by focusing on WELLNESS, SELF-MANAGEMENT, PHYSICAL ENHANCEMENT and PRE-EMPLOYMENT SKILLS in a safe and inclusive virtual space*



## Program features:

- ✓ One-on- One Supportive Counselling
- ✓ Wellness Education Workshops by Health for All Family Health Team
  - Such as Stress Management, Mindfulness & Nutrition workshops
- ✓ Physical and Mental Enhancement Activities by a Yoga Instructor
- ✓ Self-Expression through Art by an Art Instructor
- ✓ Relieve stress and promote positivity through dance classes, provided by VYbE Dance Company
- ✓ Skills Training
  - Pre-Employment, Office Administration & Computer Skills
- ✓ Peer Support:
  - Talk it Out: supportive conversation with peers

## Registration & Enquiries

Please email or call Jane Anyaehie:



[Jane.Anyaehie@cicscanada.com](mailto:Jane.Anyaehie@cicscanada.com)



416-333-5847

\*This program is open to immigrant women who are Ontario Works recipients living in Toronto

\*A pre-screening assessment and intake interview will be conducted by phone and/or ZOOM to confirm eligibility/suitability