



YWCA JUMP is an exciting program for newcomer women, girls and gender diverse people over the age of 13 who are permanent residents, convention refugees, protected persons, live-in caregivers or temporary residents and their dependents from Ukraine and Gaza. Proof of immigration status must be provided.

222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5

416.964.3883 | ywca-toronto.org/jump |     

February 2025

FREE UPCOMING EVENTS

To register for:

Events/Webinars:

Please click the link under each session to register.

Individual Support:

Please [Click here](#) to make an individual appointment

- Settlement Support and Referrals.
- Employment Counselling; resume critique, interview preparation, and online job search support.

JUMP Etobicoke are offering services under a hybrid format.

In person, individual appointments can be requested.

YWCA Toronto COVID policy is in place and includes masking, social distancing



SCAN TO REGISTER
for February workshop and events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Individual Support Click here for a virtual or in person appointment in February call 416.964.3883	4	5 Standard First Aid & CPR Training Information Session 10-11a.m. Click here	6 Wellbeing Counselling Services Information Session 10-11 a.m. Click here	7 CRA Newcomer Benefits & Tax Clinic Information Session 1-2pm Click here
10 Let's Talk About it: Depression and Loneliness with Rexdale Health Center 10-11:30a.m. Click here	11 Resources for CUAET & Newcomers Information Session 1-2:30p.m. Click here	12	13 Individual Support Click here for a virtual or in person appointment in February call 416.964.3883	14
17 CLOSED <i>For Family Day</i>	18	19 Expressive Arts Paint Class 10a.m.- 12:30p.m. Click here	20 Virtual Cash Register Training with Achev Malton 10a.m.-noon Closed session for community partner	21 Virtual Cooking Class with Right to FoodShare 11a.m.-1:30p.m. Click here
24	25 Standard First Aid & CPR Training – Day 1 9a.m.-5p.m. Closed for pre-registered clients only	26 Standard First Aid & CPR Training – Day 2 9a.m.-5p.m. Closed for pre-registered clients only	27	28 Let's Talk About it: Anxiety with Rexdale Health Center 10.-11:30a.m. Click here

CALL TODAY TO REGISTER!
416.964.3883



NATIONAL ADVOCACY COMMUNITY ACTION.



Funded by:

Financé par :



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

Workshop & Information Session Descriptions

February 2025 9a.m.-5p.m. - Individual Support with JUMP Etobicoke Counsellor

Individual one on one support with one of JUMP Etobicoke's employment counsellors. Feel free to select one of the dates/times available or contact us to book a in-person or online appointment according to your schedule. Services can include settlement support and referrals or employment counselling; resume critique, interview preparation, and online job search support.

February 5, 2025 10-11a.m.- Standard First Aid & CPR Information Session – Webinar

Attend this information session to learn about obtaining the Standard First Aid & CPR level C certificate at YWCA JUMP Etobicoke Program. It is a requirement to attend the information session to be considered for the two-day in-person training on Tuesday, February 25 & Wednesday, February 26, 2025.

February 6, 2025 10-11a.m. – Wellbeing Counselling Services Information Session - Webinar

As you embark in a journey towards improved wellness it is important to realize that mental health is just as important as physical health. Join this information session where you will learn about free counselling services available at Polycultural Immigrant and Community Services. The program is suitable for newcomers struggling to understand and cope with the challenges in your personal or professional life. The Wellbeing counselling services offers support with stress management, family wellness support, mental health support, problem-solving skills, self-care skills and more. *This webinar is brought to you by Polycultural Immigrant and Community Services.*

February 7, 2025 1-2p.m. – CRA Benefits and Credits for Newcomers & Tax Clinic Information Session - Webinar

Join us for this informative Information session to learn about Benefits and Credits available to newcomers in Canada such as Canada Child Benefit, Child Disability Benefit, Disability Tax Credit, Goods and Services Tax/Harmonized Sales Tax Credit Climate Action Incentive, Canada Workers Benefit, the Underground Economy and how to benefit from the Community Volunteer Income Tax Program (CVITP). You will also learn about the Tax Clinic available in March and April for YWCA JUMP Etobicoke eligible clients. *This webinar is brought to you by Canada Revenue Agency (CRA).*

February 10, 2025 10-11:30a.m. – Let's talk about it: Depression and Loneliness with Rexdale Health Centre - Webinar

Join this workshop where you will learn about understanding depression, loneliness vs. being alone, how depression affects your well-being, recognizing symptoms of depression, and how to navigate depression. *This webinar is being offered by the Rexdale Health Centre.*

February 11, 2025 1-2:30p.m. – Resources for CUAET & Newcomers Information Session - Webinar

As of April 1, 2025, Canada-Ukraine Authorization for Emergency Travel (CUAET) temporary residents and their dependents will no longer be eligible for YWCA JUMP services or any other settlement program funded by the Immigration, Refugee, and Citizenship Canada (IRCC). We want to make sure you have access to resources, information and services before your eligibility ends on March 31, 2025. Join this information session where you will learn from other organizations and programs you can access after April 1, 2025 in addition to other resources and information that can support your employment and settlement needs. *This webinar is tailored for CUAET temporary residents; however, all JUMP Etobicoke participants are welcome to attend.*

February 19, 2025 10a.m.-12:30p.m. – Expressive Arts Paint Class – IN PERSON at 222 Dixon Road, Suite 207 Etobicoke Ontario, M9P 3S5

Join us for an in-person interactive painting workshop, led by Rinat Moshe-Solnik, intuitive painting facilitator and Soul Coach. In this session you will learn about the expressive art, connect with yourself, and improve emotional well-being through art. *Those who take public transportation to attend this session will receive TTC Presto cards.*

February 20, 2025 10a.m.-Noon - Virtual Cash Register Training (Closed session for community partner)

This session is closed and offered as itinerant services to Achêv Malton.

February 21, 2025 11a.m.-1:30p.m. – Virtual Cooking Class with Rights to Food Share – Webinar

Food is about more than what's on the plate, it is also about how it got there, and the role people play in the food system. In this virtual cooking class, you will be cooking Kabocha Squash and Green Beans Coconut Soup with Rice in the comfort of your home, engage in a group discussion while you cook the meal, learn about food security, nutritional education and the importance of food justice in Canada. Those who pre-register, will receive a home delivery of foods and ingredients the day before the virtual cooking class. *This workshop is brought to you by Right to Food by FoodShare. Deadline date to register is Thursday, February 13, 2025.*

February 25 & 26, 2025 9a.m-5p.m.- Standard First Aid & CPR Training Two-Day Course - IN PERSON at 222 Dixon Road, Suite 207 Etobicoke Ontario, M9P 3S5

Closed for pre-registered clients only.

February 28, 2025 10-11:30a.m. – Let's talk about it: Anxiety with Rexdale Health Centre – Webinar

Join this workshop where you will learn about understanding the definition of anxiety, the physical and psychological symptoms of anxiety, understanding how your thoughts impact mood, behaviour, belief and stress and resources that can help you face anxiety. *This workshop is being offered by the Rexdale Health Centre.*