



# MICROSKILLS WOMEN SERVICES

## WORKPLACE BRIDGING PROGRAM

*ARE YOU LOOKING TO UPGRADE YOUR SKILLS FOR EMPLOYMENT?*

This program assists women to build skills, gain confidence, and explore career and job opportunities in a friendly, professional, business environment.

If you have little or no work experience or need to upgrade your skills to get back to work, this program will help you

- ✦ Develop career and employment goals
- ✦ Strengthen computer skills
- ✦ Improve math, English, business skills
- ✦ Prepare for workplace expectations
- ✦ Look for a job, volunteer opportunity or further training

**Program start date: Spring / Summer 2010**

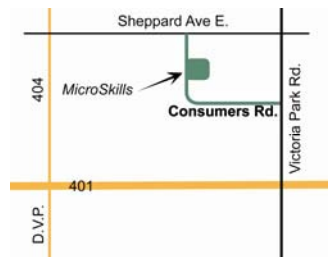
### Who can apply?

- Low income women
- Unemployed and immigrant women
- Women receiving Social Assistance Benefits (OW or ODSP)

**To register for these free services or get more information:**

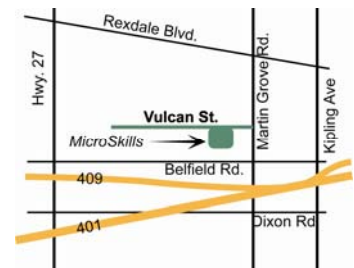
### North York Location

200 Consumers Road, 9<sup>th</sup> Floor  
North York, ON M2J 4R4  
Phone: 416-247-7181 x.2328  
Email: randerson@microskills.ca  
Attend information sessions held  
Every **Wednesday** at 10:00 am



### Etobicoke Location

7 Vulcan Street  
Etobicoke, ON M9W 1L3  
Phone: 416-247-7181 x. 2259  
Email: fnajm@microskills.ca  
Attend information sessions held  
Every **Friday** at 10:00 am



Helping  
You  
Build  
a  
Better  
Future



[www.microskills.ca](http://www.microskills.ca)



A United Way  
Member Agency