



**Making
Changes**

EMPLOYMENT AND LIFE SKILLS PROGRAM FOR IMMIGRANT WOMEN

Are you an immigrant woman who feels the need for a better future?

Do you need information about education and work opportunities?

Do you wish to improve your job search skills?

This is an opportunity to

- ✓ **Increase your confidence**
- ✓ **Identify and learn to market your skills**
- ✓ **Practice job interviews and telephone situations**
- ✓ **Learn about Canadian Business Culture**
- ✓ **Further develop your English language skills**
- ✓ **Develop a plan to reach your goals**

FEE: FREE

**PLACE: Calgary Immigrant Women's Association
200, 138 – 4th Avenue S.E.**

**CLASSES BEGIN: Monday, October 3; every Monday for 6 weeks
(no class October 10th)**

TIME: 9:30 am – 3:30 pm (Bring your lunch)

CHILDCARE: Register for free childcare

FOR FURTHER INFORMATION and TO REGISTER, CONTACT:

ELAINE at 262-5776; e-mail: employmentlifeskills@makingchangesassociation.ca

SILVIA at 263-4414, ext. 118; e-mail: employment@ciwa-online.com

IN PARTNERSHIP WITH THE **CALGARY IMMIGRANT WOMEN'S ASSOCIATION**



Funded by the Government of Canada