



INVESTING IN WOMEN'S FUTURES

Helping immigrant and visible minority women towards economic self-sufficiency.

INDUSTRIAL SEWING MACHINE TRAINING

- Sewing Machine Operation
- Employment Preparation Skills
- Life Skills Coaching
- Customer Service Training
- Self-employment – Start up

START DATES

- April 7, 2014
- July 2, 2014
- Free 12 Week Program
- Weekday Mornings
- 9:30am – 12:30pm

COMPUTER TRAINING

- Computer Fundamentals
- Word Processing
- Set up Email
- Create, Save and Modify Documents

START DATES

- April 12, 2014
- July 5, 2014
- Free 12 Week Program
- Saturday Mornings:
- 9:00am-12:00pm

INDIVIDUAL EMPLOYMENT COUNSELLING

- Career Exploration
- Resume and Cover Letter Writing
- Interview Preparation
- Job Search Skills

**HOURS: 9:00am– 4:30pm,
Monday-Friday**

Funded By:



Follow Us!



For more information on our **FREE** programs please contact: Jane Sparks | jane@few.on.ca 519.746.3411 Ex. 227

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