

HOPES

Building Strengths for Work

Do you feel discouraged & confused about your employment prospects in Canada? Join us for this unique employment program & learn how to:

Redefine your employment goals within a new cultural context and take your first steps

Take advantage of ongoing counselling and support from employment agencies and programs.

Integrate successfully into the workforce.

How does HOPES work?

Designed especially for newcomers, the program runs for 8 weeks and flows through 3 phases:

GROUP WORKSHOPS 1 session/week for 4 weeks

Know Yourself

Discover how you manage transitions & identify personal qualities to support adapting to changing circumstances.

Clarify your Goals

Redefine your employment goals based on your strengths & talents, & identify barriers & areas for further development. Understand your values & beliefs, & identify your ideal work environment.

Design your Action Plan

Learn planning strategies & identify resources to implement your plan.

Build Empowerment

Bring ownership to your job search & feel empowered to get the job you want.

INDIVIDUAL COUNSELLING

2 sessions/week for 3 weeks

Manage Culture Shock

Learn to recognize signs of confusion, disorientation, & unease to better adjust to your new surroundings.

Decrease Stress & Increase Hope

Develop emotional & behavioural strategies to address stressors & develop a positive outlook on challenges ahead.

Who is eligible?

This program will benefit newcomers who:

- are struggling to find employment appropriate to their education, skills, and experience
- need individual support for resettlement stress
- are looking for personal and organizational connections within the community
- have job-ready English communication skills (CLB 5 +)
- are able to commit time to each component of the program to work towards their goals

Workshops are limited to 20 participants.

What is the cost?

It's **FREE** for eligible participants! TTC tokens & light refreshments will be provided for the Group Workshops.

Where is HOPES?

Counselling: MNLCT offices

Workshops: TBD

Employment Coaching: MNLCT & partner agencies in the GTA

EMPLOYMENT AGENCY CONNECTIONS & COACHING

1 session, and as needed for up to 1 year

Make Community Connections

Get support to continue with your job plan. Be referred to organizations & programs in the community that can help you advance toward employment.

Stay Focused

Take advantage of continued career advice & emotional support to stay motivated & execute your action plan.

How can I participate in HOPES?

Contact **Leticia** at (647) 776-2057 x 306 or LEsquivel@mnlct.org for your intake interview!

This program gave me the drive to make a decision. It's been a while that I'm thinking in studying. After this program, I made an advance and talked to someone and I'm thinking in changing my schedule at work.

- Luis, participant



During the last months I have been feeling sad and angry without any apparent reason. After learning the transition process, I can better understand myself and my ups and downs.

- Karina, participant



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The **Mennonite New Life Centre of Toronto** is a settlement agency founded in 1983. Its mission is to facilitate newcomer settlement and integration through holistic services and community engagement, carried out within a gender justice and anti-oppression framework.

We offer programs in the areas of settlement, employment, language instruction, community engagement and community mental health.

Building Strengths for Work is an initiative of the Community Mental Health Program. Our goal is to provide emotional support to newcomers struggling with stress or trauma, and promote resilience, strength and well-being at the individual and community level. We work in partnership with community groups to make services available to all newcomers.

Contact us now for more information

1774 Queen St East, Toronto, ON M4L 1G7
416-699-4527 | mnlct@mnlct.org

3570 Victoria Park Ave Suite 204, North York, ON M1H 3S2
416-291-3248 | victoriapark@mnlct.org

2737 Keele St Unit 9, North York, ON M3M 2E9
647-776-2057 | keele@mnlct.org

www.mnlct.org | facebook.com/MNLCT | twitter.com/MNLCT

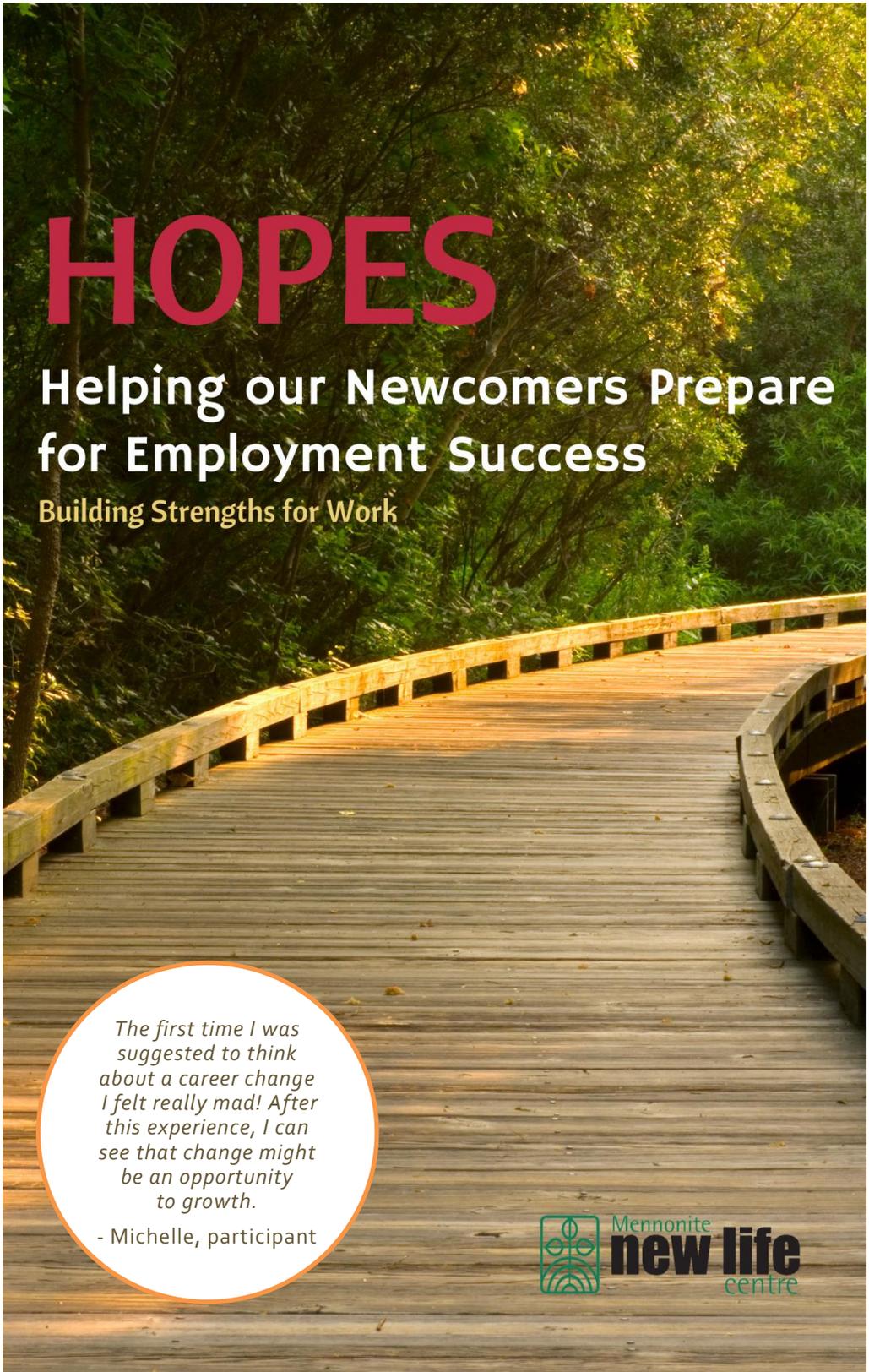
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HOPES

Helping our Newcomers Prepare for Employment Success

Building Strengths for Work



The first time I was suggested to think about a career change I felt really mad! After this experience, I can see that change might be an opportunity to growth.

- Michelle, participant

