



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

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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



HOPES

Building Strengths for Work

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

- Redefine your career, employment goals and/or explore entrepreneurship options within a new cultural context and take your first steps forward!
- 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 flows through 3 phases adapted to your needs:

1) INDIVIDUAL COUNSELLING

Manage Culture Shock and Know Yourself

- Learn to recognize signs of confusion, disorientation, & unease to better adjust to your new surroundings.
- Discover how you manage transitions & identify personal qualities to support adapting to changing circumstances.

Decrease Stress & Increase Hope

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

2) GROUP WORKSHOPS

Clarify your Goals

- Redefine your employment goals based on your strengths & talents, and 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 for successful integration in the Ontario economy toward employment and financial security.

Who is eligible?

This program will benefit newcomers who:

- are struggling to find employment appropriate to their education, skills, and experience; or want to develop their own business
- need individual support to cope with 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
- are permanent resident, conventional refugee, citizen or refugee claimant

Workshops are limited to 20 participants.

What is the cost?

It's **FREE** for eligible participants!

Where is HOPES offered? Online

How can I participate in HOPES?

Contact **Ines Anderson** at (647) 776-2057 x 3312 or ianderson@mnlct.org for your intake interview!

3) EMPLOYMENT AGENCY CONNECTIONS & COACHING

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.

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

