

# HOPES

## Helping Our Newcomers Prepare for Employment Success (HOPES)

### Building Strengths for Work

Do you feel discouraged & confused about your career development, and employment prospects in Canada?

**Building Strengths for Work** is a program that provides emotional support to newcomers struggling with stress or trauma, and promotes 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.

### What will you learn?

This unique employment program will help you:

- 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?

#### 1. INDIVIDUAL COUNSELLING

##### Manage Culture Shock and Know Yourself

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

##### Decrease Stress and Increase Hope

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



## 2. GROUP PROGRAM

### 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.

## 3. EMPLOYMENT AGENCY CONNECTIONS AND 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 and execute your action plan.

## 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, Convention Refugee, Protected Persons or CUAET Permit

## Contact us

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