

Foundational Life Skills for Women

Embark on a journey of growth and
skill enhancement

Reading Skills | Basics of Writing | Numeracy Skills
Digital Literacy | Mentoring Opportunities | Job Support

Open to Canadian citizens, permanent residents, convention refugees or refugee claimants who are residing in the Greater Toronto Area. Individuals admitted under a federal caregiver program with a pathway to permanent residence are also eligible.

Program details:

Six-week-long program

Saturdays | 9 a.m. - 2:30 p.m.

Certificate will be awarded upon completion

Call 416.244.9980 to join upcoming cohorts



Last two cohorts: Oct 18, 2025 | Jan 10, 2026