

## To Register

### Contact ....

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*Philippine Labor* General

## This Program is Sponsored

### By:

*Catholic Community Services of York Region*

*Office of The Philippine Consulate General*

*Office of The Philippine Labor-Toronto*

*Citizenship and Immigration Canada*

## ***IN COLLABORATION WITH DIFFERENT CAREGIVER SUPPORT***

### ***GROUPS :***

*Caregiver Resource Centre Support Group*  
*St. Paschal Baylon Filipino Support Group*  
*Mtt. Zion Caregiver Support Group*

# **FREE**



## **Professional and Personal Development Program for Live-in Caregivers**

The program will enhance the personal and professional skills of caregivers thus, after completing the Live-in Caregivers' Program they are prepared to pursue their individual aspirations and easily integrate into the Canadian System together with their families.



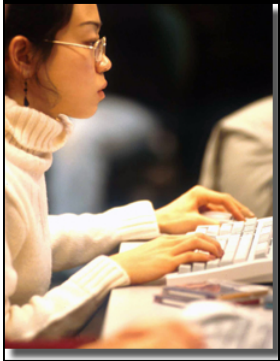
Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



# PROFESSIONAL AND PERSONAL DEVELOPMENT PROGRAM

## ◆ Computer Literacy Training



### Learn Basic Computer Applications

*(For additional advance computer trainings e.g. Microsoft Softwares, Internet Explorer, Outlook Express, etc. we can refer you to other service providers that offer free computer trainings.)*

## ◆ Session on Immigration & Labor Laws



*(Take advantage of our free one on one legal consultations.)*



*Know what are the immigration and labor laws affecting caregivers.*

## ◆ Job Search Workshop



*Learn How to Prepare High Impact Resume  
(Let your resume market you)*

*Learn techniques for a successful job interview  
(Know the secret...)*

## ◆ English Conversation & Grammar

*(Speak well, Speak Right)*

## ◆ Assertiveness Training

*(It's wrong to say yes, when you are suppose to say "No")*

## ◆ Stress Management

## ◆ Access to trainings

*(We also refer you to other training programs offered by other service providers.)*

## ◆ Income Tax Preparation

## ◆ Access to your Profession

*(Know how you can go back to your profession)*

### FOR THOSE WHO WILL BE SPONSORING THEIR FAMILIES

*We are offering:*

#### ◆ NEWCOMERS ORIENTATION PROGRAM

*(For the whole family)*

#### ◆ EDUCATION SYSTEM IN CANADA

*(High School and Elementary)*

#### ◆ SHIFT PROGRAM - (Serving and Helping Immigrant Families in Transition)

#### ◆ Volunteer Opportunities - ( Earn a Canadian experience by Volunteering to our program)

#### ◆ Caregiver Support Group (Network with other caregivers, Learn things together, Support each other and learn from each others' experiences)

