

## EMPLOYMENT AND TRAINING

### The Retail & Grocery Customer Service Training Program

The March of Dimes offers a three-week customer service training program in retail, grocery and/or related sectors.

**Training includes:**

- Exploring careers in various industries
- Employability and learning customer service skills
- Information about safe food handling
- Job search techniques including resume and interview preparation

**To be eligible for this program, you must:**

- Have a positive attitude and the motivation to be employed
- Be able to work in Canada
- Be willing to participate in a three-week, full-time program
- Be able to work various shifts
- Be bondable

This program is offered monthly in many York Region locations.

For more information contact:  
905-895-7529 ext. 6503

Funded in part through The Regional Municipality of York's Community Development and Investment Fund.

### COSTI Immigrant Services is offering Life Success Strategies Workshops.

Are you an Ontario Works recipient?  
Exploring career options?  
Looking for life success skills?  
We can help!

The free four-week "Life Success Strategies" Life Skills and Career Options Program offers individual coaching and group workshops, including:

- Skills assessment
- Success strategies for the workplace
- Personal and professional communication skills
- Motivation and self-esteem
- Motivational speakers
- Self-marketing techniques
- Goal setting and action planning
- Housing search
- Transportation tips

To register for the program, contact Pam Mitchell at 1-888-256-1112 ext. 2265

Keswick - March 7 to April 1  
Richmond Hill - April 4 to May 3  
Vaughan - May 16 to June 13



**Smart Start** *Want to work in Customer Service or Food Services?*

Industry Specific Certification and Training  
A Customized *Return-to-Work* Action Plan  
A Personal Career Assessment  
Job Search Techniques  
Personal Success Skills  
Work Experience

Smart Start is delivered at various locations throughout York Region

Please call for dates, times and locations

**1-866-256-0861**

[smartstart@jobskills.org](mailto:smartstart@jobskills.org) [jobskills.org/smartstart](http://jobskills.org/smartstart)

Delivered by:



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### YOUTH REACH II

If you are between the ages of 15 and 30, are you looking for work, and have experienced conflict with the law, we can help!

Choose a time and place that best suits you for:

- One-on-one employment counselling
- Resume writing and job search help
- Connecting to jobs
- Referrals to community resources
- Free access to computers, wireless internet, telephones, newspapers, community info-boards and more

Call Cerian Segal today!  
1-888-256-1112 ext. 2612

**Making the right connections can make all the difference!**

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**COMMUNITY INFORMATION**

**211 launches in York Region  
Find the right services in your  
community to meet your needs!**

**What is 211?**

211 is a three-digit phone number (2-1-1) and website ([www.211ontario.ca](http://www.211ontario.ca)) that gives you free and confidential access to information about community, social, health and government services in Ontario. 211 operates 24 hours a day and 365 days a year and is available in 150 languages.

211 can refer you to organizations that can help you with your specific needs such as language classes, settlement services, housing, food programs, legal issues, child services, employment education and training, financial assistance, seniors' services and many other services.

211 can provide you with information about the local services and supports in your community.

**FAMILIES AND CHILDREN**

2011  
**FREE  
Summer Camp**

For children of York Region residents participating in Ontario Works (OW)



**WHO**

Children – six to 13 years old

**OTHER**

- Children must bring their own lunch, drinks and snacks for each day of camp.
- Instruction is provided by trained and qualified recreation staff.
- Extended Day Camp may be available.
- 1 to 1 support funding is available for children with special needs.

**WHEN**

July until the first week of September  
• Depending on your eligibility.

**HOW**

**OW PARTICIPANTS:**

Contact your Social Assistance Case Coordinator for a referral.

*Limited funding. First come, first served.*

**FREE CAMP PACK**

Each registered child will receive a **FREE Camp Pack** that includes:

- a knapsack
- a sun hat
- a water bottle
- sunscreen
- a lunch bag

Camp packs will be available for pick-up in June at your OW office.

**HEALTH**

**Seasonal Flu Clinics**

For information on seasonal flu clinic locations, dates and times, please visit [www.york.ca](http://www.york.ca) or call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 to speak with a Public Health Nurse.

**RECIPE - ONE POT VEGGIE PASTA**

**Veggies from the freezer are fast, easy and convenient!**

Frozen veggies come in handy in the winter months when fresh local produce is not as available or is too expensive. It is convenient to keep a bag of frozen vegetables in the freezer and not worry about using it up before it goes bad.

Nutritionally speaking, frozen vegetables are similar to and sometimes better than fresh ones. The vegetables are usually picked in the peak of their season and flash-frozen immediately to lock in all the nutrients.

For a healthy meal addition include frozen peas, beans, corn or spinach to soups, pasta or casserole dishes.

**A complete meal in one pot!**

**Ingredients:**

- 1 28 oz can pasta sauce
- 3 ½ cups water
- 1 ½ cups small, bite size pasta, uncooked (example: macaroni, rotini, wheels)
- 1 red pepper, diced (optional)
- 1 cup mushrooms, sliced (optional)
- 2 cups frozen mixed vegetables
- 1 cup shredded part-skim mozzarella or low fat cheddar cheese

**Directions:**

- In a large pot or skillet, stir in pasta sauce, water, and pasta. Cover and bring to a boil. Simmer on low heat for 15 minutes. Add vegetables and cook for another 5 minutes, stirring often.
- Stir in 1 cup shredded cheese and serve.

**Rose of Sharon**

**Services for Young Mothers**

Rose of Sharon offers parenting programs to young mothers under the age of 25:

- Learn about parenting tips and resources
- Take part in educational programs
- Join in on fun activities with your baby or child in a welcoming environment

Rose of Sharon has five locations in York Region: Keswick, Markham, Newmarket, Richmond Hill and Woodbridge.

**For more information, call Rose of Sharon Services for Young Mothers at 905-853-5514 or toll free at 1-877-516-3715, ext. 231.**