



# Life Success Strategies York Region

## TAKE CONTROL, GET EMPOWERED!

### THREE-WEEK PROGRAM



### Are you:

Looking to increase self confidence?  
Exploring career opportunities?  
A York Region resident?

We can help!

**THIS THREE-WEEK PROGRAM OFFERS  
INDIVIDUAL COACHING AND GROUP  
WORKSHOPS INCLUDING:**

- Building Confidence
- Personal Budgeting
- Stress Management
- Effective Communication
- Career Exploration
- Job Search Strategies

**A CERTIFICATE OF COMPLETION  
AWARDED TO ALL GRADUATES**

### Workshop now available online

### April 6–24, 2020

### Monday to Friday

### Start time: 10:00 am

Services are provided at no cost.

For more information or  
to register:

**289-843-3214**

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**[costi.org](http://costi.org)**

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The Regional  
Municipality of York

