



# Building Sustainable Futures

## Are you a woman between the ages of 15–29?

### WE CAN HELP!



This unique Employment program prepares young women under the age of 29 for today's demanding labour market and provides goal oriented strategies to help build a strong foundation for career and life success.

This program will help you to:

- Identify your personal strengths and areas where improvement is needed
- Discover resources leading to career/employment success
- Strengthen knowledge of "self "; use your knowledge of self and others to improve interpersonal relationships at work, school or home
- Increase essential employability skills in Customer Service, Interpersonal, Team Building and Leadership

**Workshops facilitated by the YWCA Building Sustainable Futures Program**



**SPACE IS LIMITED, PLEASE REGISTER IN ADVANCE  
LIGHT REFRESHMENTS WILL BE SERVED**

### PARTICIPATE IN A TWO-DAY WORKSHOP

The two-day Building Sustainable Futures Workshop dates:

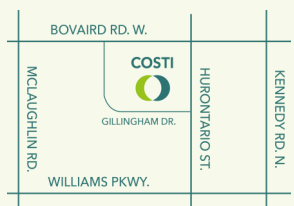
**Monday, September 23 and  
Tuesday, September 24, 2019**

For more information or to register for an upcoming session call, email or register online:

**905.459.8855  
bramptonemployment@costi.org  
[Click here to register online](#)**

**Services are provided at no cost.**

**Brampton Employment Services**  
10 Gillingham Drive, Suite 300  
Brampton, ON L6X 5A5  
905.459.8855  
bramptonemployment@costi.org  
**Hours:**  
Mon - Fri: 8:30 am - 4:30 pm



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