

# Job-Training Program for Individuals with Disabilities

## COSTI Employment Services

ONLINE EDGE PROGRAM FOR INDIVIDUALS WITH DISABILITIES JUNE 8, 2020–JULY 1, 2020



## PROGRAM ELIGIBILITY:

- Able to participate via web conferencing platform (via computer or mobile app)
- 3 days per week from 10:00 am-2:30 pm for 4 weeks

PARTICIPANTS WILL BUILD PROFESSIONAL AND LIFE SKILLS IN THE AREAS OF:

- Emotional intelligence (EQ)
- Communication
- Conflict resolution
- Managing your disability in the workplace
- Stress management
- Financial literacy

ADDITIONAL BENEFITS WHEN BRANDS FOR CANADA OFFICE RE-OPENS:

- Career coach
- New professional clothing
- A complimentary haircut
- Personal care products
- Mindfulness training



COSTI Employment Services has partnered with Brands for Canada to deliver the EDGE program online.

97% of graduates reported that the skills they gained helped them in effective decision-making, gaining self-confidence and feeling more optimistic about the future.

### TO REGISTER:

CALL: 416.588.2240

OR

EMAIL: WESTONEMPLOYMENT@COSTI.ORG

Our physical locations are temporarily closed. All of our employment programs and services are currently being offered via telephone and online. You can access and register for our <u>online workshops and webinars</u> here.

### costi.org

**y** ⊚ @COSTI\_org





