

Foundational Life Skills for Women

Embark on a journey of growth and skill enhancement

Reading Skills | Basics of Writing | Numeracy Skills
Digital Literacy | Mentoring Opportunities | Job Support

Open to Canadian citizens, permanent residents, convention refugees or refugee claimants who are residing in the Greater Toronto Area. Individuals admitted under a federal caregiver program with a pathway to permanent residence are also eligible.

Program details:

Six-week-long program

Saturdays | 9 a.m. - 2:30 p.m.

Certificate will be awarded upon completion

To join the upcoming cohort,

Call: 416.244.9980

Email: zeina.ezzeddine@costi.org



Next cohort: Jan 24, 2026