

Step into a supportive and welcoming space where you can explore your strengths, gain real-world life and job skills, and connect with others walking similar paths. Come as you are—and leave with more confidence, clarity, and tools for success.

Workshops include Recognizing & Overcoming Barriers, Power of Positive Attitudes, Knowing Your Strengths & Weaknesses, Building Communication Skills, Goal Setting, Time Management & Organization, Financial Literacy and Resumes, Job Search & Interview Skills and more!



4:30PM - 6:30PM



Mondays & Wednesdays Drop-In



Text or Call Myriam at 289-686-0578 myriam.thomas@niagara.ymca.ca



YMCA Community Hub Fairview Mall 285 Geneva Street