

For more information please contact:

Deb McCooley

Area Coordinator/Personal Coach

250-638-8108

1-877-638-8108

debmc@northwestcareers.bc.ca

To submit applications

- ◆ Fax:
250-638-7212
- ◆ Drop off or mail:
Northwest Training Ltd.
201-4622 Greig Avenue
Terrace, B.C.
V8G 1M9

Application leaflet inside



NORTHWEST TRAINING LTD

201-4622 Greig Avenue

Terrace, B.C. V8G 1M9

Phone: 250-638-8108

Fax: 250-638-7212

Toll free: 1-877-638-8108

Ministry of Housing and Social Development



*Bridging
Employment
Program
For Women*

*A program to assist
women*

in

**Personal Development
Employment Skills
Education**



Bridging Employment Program

For Women

Our goal is to provide a program that is flexible in meeting individual women's needs to achieve sustainable employment and self-reliance.

The program is designed for women who have experienced violence and abuse in their lives and want to move forward towards a healthy, fulfilled lifestyle.



WHY YOU WILL LIKE THE PROGRAM:

INDIVIDUALIZED It is focused on **your** needs and dreams for the future.

FLEXIBLE You can carry on with your home/work life while being in the program. You can join a group or work individually.

SUPPORT We will connect you to healing services and counselling in addition to helping with job-related needs.

ENCOURAGEMENT

You will work with a personal coach who will help you to plan your life changes and support you while making them. You need only connect with her.

HERE'S WHAT WE WILL DO:

Meet with you to explain the program and determine your suitability.

If Yes, then..

HERE'S WHAT YOU CAN DO:

Decide if the program is for you. If Yes then

WITH THE ASSISTANCE OF YOUR PERSONAL COACH YOU WILL:

- Identify and assess your strengths and barriers.
- Complete a personal plan that addresses your needs.
- Set goals for yourself.

THEN AS YOU WORK THROUGH YOUR PERSONAL PLAN UP TO 6 MONTHS. WE WILL PROVIDE:

- Counselling & Healing Support.
- Help with understanding the impacts of violence and /or abuse on women and strategies for reducing the impact.
- Access to support from other women if you wish.
- Personal Coaching in person or by phone to review your personal plan.
- Required personal supports if applicable.
- Assistance with referrals to appropriate agencies.



AND WE WILL CONTINUE TO SUPPORT YOU FOR 6 MONTHS AFTER YOU COMPLETE THE PROGRAM!

If this program interests you and you are a woman who has experienced violence and/or abuse, please call for more details or fill out the enclosed application and drop off to

Deb McCooley at Northwest Training
4622 Greig Ave

Or fax to 250-638-7212

Or call 250-638-8108

Toll free 1-877-638-8108

This program is offered in
KITIMAT

STARTING APRIL 1, 2009

Seats are limited so call today!!

TERRACE

STARTING JAN 1, 2009

This program has **CONTINUOUS INTAKE**. Call today for information and begin to work on your plan to overcome barriers to employment or education and begin to create your vision for your future!

