



# Life Success Strategies York Region

## TAKE CONTROL, GET EMPOWERED!

### THREE-WEEK PROGRAM



### Are you:

Looking to increase self confidence? Explore  
career opportunities?  
A York Region resident?

We can help!

#### **THIS THREE-WEEK PROGRAM OFFERS INDIVIDUAL COACHING AND GROUP WORKSHOPS INCLUDING:**

- Building Confidence
- Personal Budgeting
- Stress Management
- Effective Communication
- Career Exploration
- Job Search Strategies

**A CERTIFICATE OF COMPLETION  
AWARDED TO ALL GRADUATES**

Light Refreshments &  
Transportation Support Available

January 14—February 1, 2019

Monday to Friday

9:30 am-2:00 pm

COSTI Vaughan Employment Services  
3100 Rutherford Road, Suite 102  
Vaughan, ON L4K 0G6

Services are provided at no cost.

For more information or  
to register :

905.669.5627 ext. 3214  
LSS@costi.org

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