



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

October 15 to November 2, 2018

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 :

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🐦 @COSTI_org



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