



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

July 9, 2018–July 27, 2018

Monday to Friday

9:30 am-2:00 pm

Yorkworks (Stouffville)

111 Sandiford Drive, 2nd floor,
Stouffville, ON L4A 0Z9

Services are provided at no cost.

**For more information or
to register :**

**905.669.5627 ext 3214
LSS@costi.org**

costi.org

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