

# FOR WOMEN, BY WOMEN.

Why? Because powerful things happen when a group of determined women set out to make lasting change for themselves.



**Includes** digital devices and stipend.

## Course Info *(subject to change)*

**Summer Session:**  
June 28 - August 27, 2021



**9-week program**  
offered 3 times a year.



Wednesday to Friday,  
**9:30 a.m. to 3:00 p.m.**



**1-on-1 case management** by virtual appointment.

To apply or learn more:



[veahavta.org](http://veahavta.org)



416.964.7698, ext.235



**The Building Foundations for Women (BFW)** program is a FREE nine-week intensive digital program that provides training and support for women facing socio-economic, immigration, and/or mental health challenges.

**Get the skills and support you need to make transformational change.**

This highly supportive, personalized program can help you achieve your goals, including employment, education, and personal development.

## WHAT YOU WILL GAIN

- Set personal and career goals
- One-on-one coaching
- Tools to develop self-confidence and mental health
- Digital literacy fundamentals
- Build social connections
- 6-month post program support
- Personalized action plan

## ELIGIBILITY REQUIREMENTS

- Basic computer knowledge and the ability to interact with text, tools and people in digital contexts
- ESL level grade 8 or higher, CLB (Canadian Language Benchmarks) level 8 or higher
- Able to engage effectively within a group/virtual classroom setting

