


Building Strong Futures: Young  
Women's Outreach Program Presents:



# APRIL 2024 WEBINAR SCHEDULE

**Tuesday April 16th 4:30-6 p.m.**

**Building Your Self-Care Kit**

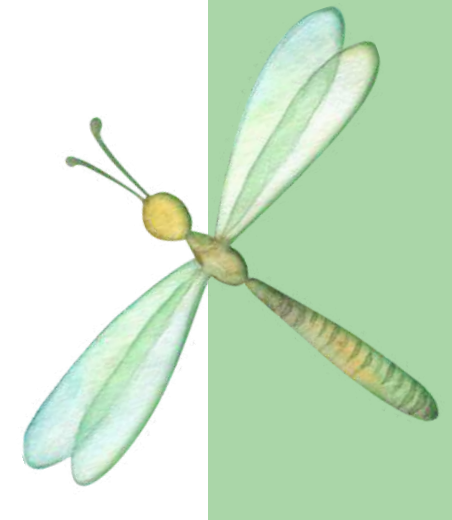


When life gives you lemons, do some self-care. Easier said than done, right? Well, it doesn't have to be. In this interactive webinar, each participant will learn how to build their own self-care "kit", which will serve as a reminder to resort to self-care during stressful times.



**Tuesday April 30th 4:30-6 p.m.**

**Job Hunting 101**



Finding your first job isn't always easy, especially if you're not sure where to look! In this webinar, we will explore all the various job searching platforms, important tips for landing your first job, the differences between resumes and cover letters, and your rights in the workplace!

**Register at:**

**[www.scarboroughwomenscentre.ca/young-women/](http://www.scarboroughwomenscentre.ca/young-women/)**



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