

How can I attend?

Focus for Ethnic Women

Immigrant Women and Voice YOUTH!



Eligible students are:

- * Female immigrants
- * Grade 9-12
- * Intermediate to fluent English speakers

Register now
to enrol
next year!

To find out more:

- * Ask your teacher
- * Go to Focus for Ethnic Women's website at www.few.on.ca

Focus for Ethnic Women was established in 1987 as a non-profit agency. Immigrant Women and Voice Youth is a project funded by Status of Women Canada.

MISSION

To enhance the participation of immigrant and visible minority women in Canadian society through innovative and collaborative efforts among the board, community partners, funders, participants and staff.

VISION

We believe in the holistic nature of women's needs – physical, emotional, mental, social and spiritual. This holistic vision enhances self-esteem and promotes personal empowerment.

We believe in the inherent worth of every woman, regardless of race, colour, sexual orientation or ability.

We value the culture, religion and heritage of every woman and every woman's aspirations for herself, her family and her community.



Program funded by



Status of Women
Canada

Focus for Ethnic Women

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www.few.on.ca

Starting at your school next year

A free empowerment and leadership training workshop series for young immigrant women

- ✓ Sign up for free leadership training workshops
- ✓ For high school girls who were not born in Canada
- ✓ Once a week at school for one term
- ✓ Earn community service hours



"And the day came when the risk to remain in the bud was more painful than the risk it took to bloom."-Anais Nin

"This is my VOICE. There are many others like it, but this one is mine."-S.Koyczan

I am an immigrant...

It's not easy to move away from your home country where you know the language and the culture. You can live in a new home and go to a new school, but feeling comfortable takes time. This is a chance to start again.

There are many ways you can grow and be happy in Canada. There are so many different things you can do, sometimes it can get confusing and overwhelming.

Focus for Ethnic Women is an agency that helps immigrant women with their lives. Our new program is made just for you.



Why should I participate?

Immigrant Women and Voice Youth is a 12-week workshop series that will take you through the process of understanding how your background can help you to move forward.

We will talk about what it is like to be a young immigrant woman in Canada, how can you overcome cultural difficulties, and how you can speak up and take action about the things you care about. Through interactive workshops, you will gain confidence and discover that you have the ability to lead.

Every person is an expert of their own life. It's up to you to step forward and learn new things.

This is your opportunity to find your voice and become a leader.

- * Free program!
- * Snacks provided!
- * Earn community service hours!



We will talk about...

- * Your cultural background and belonging in Canada
- * Finding your passion and goals
- * Personal image and self-esteem
- * Bullying and peer support
- * Public speaking and communication
- * Teamwork and leadership styles
- * Understanding Canadian culture
- * Building strong relationships with friends, teachers and parents
- * Media literacy
- * Diversity and social justice
- * Community involvement