





YWCA JUMP is an exciting program for newcomer women, girls and gender diverse people over the age of 13 who are permanent residents, convention refugees, protected persons, live-in caregivers or temporary residents and their dependents from Ukraine and Gaza. Proof of immigration status must be provided.

222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5
 416.964.3883 | ywcatoronto.org/jump |     

NEW YEAR, NEW YOU: CULTIVATING PERSONAL GROWTH & WELL-BEING

A conversation circle to set goals for a fulfilling year!



PHOTO CREDIT: TINPIXELS BY ISTOCK



PHOTO CREDIT: KEIFERPIX BY ISTOCK

Tuesday, January 21, 2025 | 10a.m.-Noon

HYBRID: You can attend ONLINE or IN-PERSON

222 Dixon Road, Suite 207, Etobicoke, M9P 3S5

[Click here to register.](#)

JUMP Etobicoke is offering services under a hybrid format. Individual appointments can be requested. Participants and visitors are required to self-screen for in-person appointments.

**Please note: due to funding criteria, we are unable to serve Canadian Citizens and Refugee Claimants at this time.*

Join us in a casual conversation circle where participants are invited to reflect on personal growth, building healthier habits and setting achievable goals for the fulfilling new year. This session will be offered in hybrid format.

Register now, and let us know how you wish to participate in this session where we will discuss cultivating healthier habits for the New Year.

**Transportation supports in the form of Presto Cards are provided for in-person sessions.*



SCAN TO REGISTER

For more information, please contact us at **416.964.3883** or jumpetobicoke@ywcatoronto.org



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