

## Finding a job can be hard.

Join us at the Welcome Centre  
to learn how to:

- ♦ Build confidence when looking for a job (You CAN do it!)
- ♦ Take care of yourself when feeling stressed
- ♦ Prepare for the first day of a new job

**February 15, 2019, Unit 5**  
**Time: 9:00am-11:30am**

**Register or drop-in**  
**Pickering Welcome Centre**  
**1-877-761-1155 or 905-420-3607**

**Light refreshments  
available**



**Welcome Centre - Pickering**  
**1400 Bayly Street, Unit 5**  
**Pickering, ON L1W 3R2**

**Toll-free: 1-877-761-1155**  
**[www.welcomecentre.ca](http://www.welcomecentre.ca)**

