



Vancouver Committee for Domestic Workers and Caregivers Rights (CDWCR)
PO Box 37033 Vancouver, BC V5P 3X0 ♦ Fax/Tel. 604-874-0649 ♦ www.cdwcr.org

Free Personal Development - Soft Skills Training via Zoom

Title	Topics	Date
Empowerment/Diversity Training	Anti-Racism and Community Empowerment	Sunday, Dec 6, 2020 1:00pm – 3:00pm
Mental Health, Behavioural Skills and Emotional Intelligence Training	Mental Health, Stress Management, Conflict Resolution	Sunday, Jan. 10, 2021 1:00pm – 3:00pm
Communication/Assertiveness Training	Effective Communication and Assertiveness	Sunday, Jan 31, 2021 1:00pm – 3:00pm

This Personal Development Skills training is available to former and current foreign care workers.

Why you should attend:

Soft skills, such as interpersonal and relationship building, are as equally important as gaining technical skills to help you in adjusting and becoming more effective in your personal and work life environment.

- Participants will receive a Certificate of Completion after completing all topics.
- Participants will get \$20 snacks subsidy after attending each training.

To register please:

Email: cdwcr.org@gmail.com

For further information, Call @ [604-874-0649](tel:604-874-0649)

Funded by the Government of Canada's Migrant Worker Support Network





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Free Personal Development Hard Skills Training

Food Safety	November 2020 to January 2021	To be taken online by the participants during the project duration. The individual can arrange the schedule.
First Aid Training	Jan 16, Jan 23 and Jan 30 2021	Face to face following COVID-19 protocols including physical distancing, wearing masks and washing hands

This Personal Development Skills training is available to former and current foreign care workers.

****Seats are limited but priority will be given to temporary foreign care workers.
Please register as soon as possible to reserve your seat.

Deadline of Registration: December 15, 2020.

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