Online Learning for Migrant Workers in BC

Join our no cost program and learn:

**Canadian Workplace Culture**
Become culturally aware in the workplace.

**Clear Communication**
Learn tips on improving communication skills for better relationships and to avoid misunderstandings.

**Assertive Communication in the Workplace**
Build assertiveness skills essential for working in Canada.

**Stress Management**
Examine stresses in life and learn strategies to cope.

**Handling Conflict**
Understand and learn negotiation skills in resolving conflicts.

For Migrant Workers and Caregivers who have:

- Commitment to engage in an individualized/group online learning plan
- Adequate English language skills to participate actively in the program
- Access to a computer device and internet

To register:

Email: tfwonline@issbc.org
Online: http://bit.ly/tfwonline
Call: 604-684-3599