

The Opportunities Program (T.O.P.)

The Opportunities Program helps persons with disabilities prepare for, obtain, and maintain employment



ABOUT US!

The Opportunities Program (T.O.P.) assists all individuals with self-disclosed disabilities to prepare for, obtain, and maintain employment. Through up to 6 weeks of group training and one-on-one coaching, participants are prepared for up to 14 weeks of work placement.

FOR MORE INFORMATION VISIT:

<https://www.ywcahamilton.org/skills-development-and-training/top/>

- ✓ Customer Service Training
- ✓ Teamwork & Leadership
- ✓ Professionalism
- ✓ Stress Management
- ✓ Interview Skills
- ✓ Resume & Cover Letter
- ✓ Health & Safety Training
- ✓ Feedback & Criticism
- ✓ Sleep Hygiene

WHAT YOU GAIN

- 1 Learn how to prepare for, obtain, and maintain employment
- 2 One-on-one employment coaching and counselling in the areas of job search, job placement, and skill development
- 3 On going learning experience through group trainings and 14 weeks of paid work experience
- 4 Soft skills development, communication, time management, and self-esteem building



FOR MORE INFORMATION:

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