

**Together...**  
we will help you  
get your new  
start.

Your Partners



Pathways Skill Development & Placement  
Centre assists individuals to overcome barriers  
to meaningful employment.

210 Dundas Street  
London, ON N6A 5J3  
519-667-7795  
enquiries@pathways.on.ca  
www.pathways.on.ca



London Abused Women's Centre offers advocacy,  
counselling and support services to women abused  
by their intimate partners in a safe, non-crisis,  
non-residential setting.

217 York Street, Suite 107  
London, Ontario N6A 5P9  
(519) 432-2204  
info@lawc.on.ca  
www.lawc.on.ca



London  
CANADA

In partnership with the City of  
London Ontario Works Program



Your life. Your opportunity.  
Your new start.



## Your life. Your opportunity. Your New Start.

### **New Start offers a new plan and new skills for your next step.**

Through this combined support and training program, you can:

- \* create an action plan to identify barriers to employment and possible solutions;
- \* learn job search and interview strategies;
- \* participate in practical employment workshops;
- \* receive safety planning, support, advocacy and counselling;
- \* meet and share experiences with women in a safe and confidential environment;
- \* learn stress management and coping strategies;
- \* develop greater self-confidence;
- \* have opportunities to practice your new skills;
- \* find employment to support your new start!

## Hope, Help and a New Start for a New Life.

**New Start is a four week program designed to help women who have experienced abuse by their intimate partners to access support services, skills training and new employment opportunities.**

A project of Pathways Skill Development & Placement Centre (Pathways), in partnership with the London Abused Women's Centre (LAWC) and the City of London Ontario Works Program, New Start offers a unique combined approach to workforce readiness including employment assessment, skills training, referral and placement through Pathways, and safety planning, individual counselling, advocacy, and support groups facilitated by counsellors from LAWC.

## How It Works.



## What can I expect?

### **A four-week program;**

Monday to Thursday, 9:00AM-3:00PM, with activities such as:

- \* Skills assessment and training classes, including resume and cover letter writing;
- \* Small group exercises such as practice interviews;
- \* Counselling, advocacy, support, and safety planning;
- \* Opportunities to build relationships with peers;
- \* Making connections to further training and employment opportunities;
- \* Ongoing support during and after the program.

## The Result

**New skills and a new plan for your new start.**

