



## 2024/2025 Programs

### Women Focus Canada – 2024/2025 Programs

Women in Canada face persistent challenges, including economic, educational, and healthcare disparities, as well as limited leadership opportunities. At Women Focus Canada, we aim to tackle these issues, particularly those affecting Black-identifying women, girls, families, and communities. Through transformative programs like the Youth Civic Engagement Project, the 5KM-Run for Her, and our poverty reduction initiative, we strive to uplift individuals and families, fostering improved health, socio-economic well-being, community empowerment, and Diversity, Equity, and Inclusion.

#### **Our current programs include:**

**Youth Civic Engagement Program (YCEP)** → YCEP aims to empower young women aged 15-29 by enhancing their understanding of Canada's political system and governance, fostering leadership skills for community engagement, advocacy, and careers in public service, while also facilitating networking opportunities with public sector and community leaders. Our mentors in our 2<sup>nd</sup> year of this program initiative are previous participants who participated in the first year of the program.

**International Women's Day** → International Women's Day (IWD) serves as a global platform uniting women and individuals worldwide to confront health inequities by offering resources, disseminating vital health information, and fostering capacity-building initiatives.

**5KM run for her** → The 5KM Run for HER is a philanthropic endeavor aimed at fundraising and raising awareness for poverty alleviation. Participants traverse a distance of approximately 5 kilometers on foot, uniting in their commitment to support this cause.

**Building Generations: Financial Chapter** → This 12-week program will bring together 10 young refugee and newcomer women, aged 15-29, with financial literacy experts and finance students to empower them with the skills for financial independence. Additionally, the initiative will provide holistic support, including job readiness training, to ensure participants can effectively manage their finances and pursue opportunities for economic advancement.

**Children Managing Diabetes** → A 6-week program for children living with Type 1 diabetes. This initiative will be facilitated by experts and mentors to empower children and youth with type 1 diabetes in understanding and managing their health. Through dynamic educational workshops and hands-on cooking sessions led by a diverse team of leaders, our goal is to cultivate enduring friendships and empower participants to embrace independence in managing their diabetes.



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**Women Crossing Limits: Skilled Trades Program** → This 1-year initiative will provide 5 Black and racialized women from the most vulnerable communities in the Greater Toronto Area an opportunity to develop a new trades skill, education, and begin a journey towards their careers. Program participants will engage in weekly wellness programming to help them develop soft skills and interactive workshops and courses to gain Heating Ventilation and Air Conditioning (HVAC) related knowledge and expertise. In addition to these in-house program activities include funding support for the 5 women to participate in the certified Heating, Refrigeration and Air Conditioning Technician program at Humber College.