



Work Experience Program Guide

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Introduction

Finding employment in today's job market can be very challenging. It can be difficult for youth to gain the necessary skills, confidence, and experience to bring their best to their workplace and be successful in their careers. The Work Experience Programs Guide aims to connect youth with opportunities to gain experience in their field of interest. The programs listed in this guide offer:

- Paid full-time, part-time, or seasonal opportunities to gain hands-on skills
- Programs for youth from a variety of backgrounds, including Indigenous youth, youth involved in the justice system, newcomer youth, French-speaking youth, youth receiving social assistance, and more
- Short-term (1-5 days) and longer term (4-16 weeks) opportunities
- Opportunities to build your professional network, gain workplace skills, and explore interests

Every effort has been made to provide up-to-date information within this guide. For current information on program availability, eligibility requirements, and application deadlines, please contact the program/organization directly. In the event there are errors, omissions, or additional programs that may be helpful to include in future editions, please email reception@yesmb.ca.

Youth Employment Services Manitoba (YES Manitoba)

Youth Employment Services Manitoba (YES Manitoba) delivers inclusive employment services to youth ages 16-29 across Manitoba. Our focus is to assist youth with finding and maintaining employment. We provide a safe and supportive environment where youth can learn new skills, develop confidence in themselves, and feel supported during their transition to employment.

We offer a wide range of one-on-one employment services such as resume and cover letter development, interview preparation, and job search assistance. We provide support with job applications, offer daily job leads, and publish Top 10 lists of part-time and full-time entry level jobs on major bus routes twice per week. In addition, we also offer several free training opportunities that you may find at the end of this guide. Finally, we collaborate with community agencies, high schools, and other institutions to offer employment workshops and presentations.

For more information and to register, please visit: <https://www.yesmb.ca/>

Are you a youth currently or formerly in Child and Family Services (CFS) care?

Futures Forward is a collaborative partnership between YES Manitoba, Community Financial Counselling Services (CFCS), and the Canadian Mental Health Association, Manitoba and Winnipeg (CMHA).

Future Forward works with youth 15-29 currently or formerly involved with Manitoba CFS. The program provides employment support, post-secondary education support, financial counselling, mental health counselling, service navigation, and more.

For more information or to register, please visit <https://www.futuresforward.ca/>

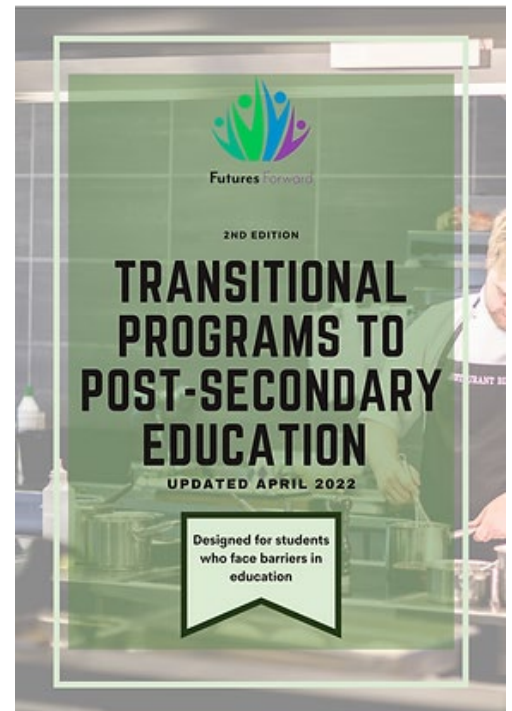
Vocational & Transitional Programs to Post-Secondary

If you are interested in supported post-secondary training programs, we encourage you to check out the Futures Forward Transitional Programs to Post-Secondary Guide. In this guide, you will find accessible post-secondary training opportunities in:

- Business Administration
- Information Technology
- Early Childhood Education
- Child and Youth Care
- Creative and Performing Arts
- Digital Media
- Hospitality
- Culinary and Baking Arts
- Dental Assisting and Technology
- Education
- Engineering
- Hairstyling and Esthetics
- Health Care Aide
- Social Services and Community Development
- Transportation Technology
- Trades (Building, Carpentry, Electrical, Welding, Plumbing, Refrigeration/AirCon, Sustainable Energy/Horticulture)

For detailed program descriptions, please refer to the Transitional Programs to Post-Secondary Guide, available at:

<https://www.futuresforward.ca/transitional-programs>



Programs for Youth

1. Training Resources for Youth (TRY) – New Directions

From New Directions: Training Resources for Youth, or TRY is a program that helps youth prepare for entry into the workforce or return to school. Our goal is to prepare young people for entry into the workforce, return to school or further training. Services include in-class training, life-skills training, work experience, counselling, support and advocacy.

Participants Must:

- be 16-21 years old, cannot be employed or in school.
- have access to a computer or device with reliable internet connection.

Program Details:

- Program dates: November 23 - January 1; February 8 - March 19
- 6 weeks of classes followed by a 3-week part time work experience assessment and a 3-week full-time work experience with goal of obtaining employment
- Rate of pay: Minimum wage
- Participants can earn a 0.5 high school credit for completing the program with a passing grade
- Program website: <http://bit.ly/NewDirectionsTRY>

How to apply: To register for the program, contact Cindy Schotchenko, Phone: (204) 786-7051, ext. 525, Email: TRY@newdirections.mb.ca

2. Elmwood Youth Employment Experience (EYEE) – Elmwood Community Resource Centre

Youth are provided with hands-on experience in resume development, cover letter writing, interview preparation skills, job lead skills, soft skills, and life skills in a 5-week class program. In addition, they will complete a 12-week work placement.

Participants Must:

- be 18-30 years old
- have not accessed or utilized similar services, received EI in the last 3 years, or received Training/Education supports from the Province of Manitoba or Federal government

Program Details:

- Ongoing intake
- 5 weeks in-class; 12-week work placement (In total: 17-week paid program)
- Rate of pay: minimum wage for 30 hrs per week
- Program website: <https://bit.ly/35UBFVW>

How to apply: Call to book an intake interview.

Contact: Natalie Koroluk, Phone: 204-982-1720 ext. 210, Email: employmentoutreach@elmwoodcrc.ca

3. Youth Crew Program – Spence Neighbourhood Association (SNA)

The SNA Youth Crew program offers occasional odd jobs/training opportunities for local youth. Youth develop skills in yard care; snow and ice removal; cooking, baking and catering; assisting with building projects; and building community relationships.

Participants Must:

- be 12-18 years old

Program Details:

- Rate of pay: minimum wage, casual hours
- Program intake is open year-round
- Program website: <https://spenceneighbourhood.org/program/youth-crew/>

How to apply: To register for the program, contact Leslie Kwok, Youth Employment Hub Coordinator, Phone: 204-801-6740, Email: firstjobs@spenceneighbourhood.org

4. First Jobs 4 Youth (FJ4Y) – Spence Neighbourhood Association (SNA)

First Jobs 4 Youth (FJ4Y) offers part-time employment/training opportunities for local youth every summer within SNA's programming. Youth may work in the Building Belonging program (children ages 6-12); sports; environment and open spaces; or front desk at the Community Office on Ellice Ave. After graduating in August, Youth receive Summer/Fall work placements with local employers.

Participants Must:

- be 18-29 years old
- have little or no work experience
- live in the Spence Neighbourhood Association's catchment area. You can visit their website at <https://spenceneighbourhood.org/> for a detailed map.

Program Details:

- Rate of pay: \$13.50 per hour, part-time
- Multiple intakes throughout the year
- Program website: <https://spenceneighbourhood.org/program/fj4y-yeo/>

How to apply: Visit their website to access the current online application

Contact: Aaron Maciejko, First Jobs 4 Youth Coordinator, Email: aaron@spenceneighbourhood.org

5. Work Experience Skills Training (WEST) – New Directions

WEST is a program for youth who are having trouble securing and maintaining employment. Referrals to the program are to be made by the individual. This group-based program focuses on Indigenous and newcomer youth who need support finding employment.

Participants Must:

- be 18-29 years old
- be either an Indigenous youth or a new immigrant with an English benchmark of 3 or better

Program Details:

- 4 weeks of classes and up to 8 weeks of paid work internship 9 a.m. - 3 p.m.

- Rate of pay: Participants are paid minimum wage for all completed assignments and classroom time as well as for all work internships.
- Program brochure: <https://bit.ly/2HeG77J>

How to apply: To register for the program, email TRY@newdirections.mb.ca

Contact: Phone: 204-786-7051 ext. 5256

6. Level Up! Launch Pad Program – Resource Assistance for Youth (RaY)

Level Up! Launch Pad is a life-skills-based education & training program designed to help you achieve your goals and find employment. It consists of a 9-week classroom training program followed by a suitable job placement for up to 18 weeks.

Participants Must:

- be 18-29 years old
- be a Canadian Citizen or Permanent Resident
- have a SIN number
- not have participated in a federally-funded employment program

Program Details:

- 9 weeks of classroom training
- Job placement for 18 weeks

How to apply: Apply online at <https://rayinc.ca/get-help/education-training/> and RaY will contact you to set up an intake meeting to discuss your goals for the program.

Contact: Caryn Birch, Director of Education and Training, Phone: 204-612-0036, Email: cbirch@rayinc.ca

7. Level Up! Lift Off Program – Resource Assistance for Youth (RaY)

Level Up! Lift Off is a pre-employment education & training program designed to help you achieve your employment goals. It consists of a 7-week training in an alternative classroom that teaches the skills you need to get a job and keep it, followed by a 16-week job placement in the community.

Participants Must:

- be 18-29 years old
- be a Canadian Citizen or Permanent Resident
- have a SIN number
- not have participated in a federally-funded employment program

Program Details:

- 7 weeks of classroom training
- Job placement for 16 weeks

How to apply: Apply online at <https://rayinc.ca/get-help/education-training/> and RaY will contact you to set up an intake meeting to discuss your goals for the program.

Contact: Caryn Birch, Director of Education and Training, Phone: 204-612-0036, Email: cbirch@rayinc.ca

8. Skills4Success – The Link

Skills4Success is a skills development program for youth ages 15-30 who are eager to work, but just need a little extra support, training and knowledge to be successful. The program has 6 weeks of paid classroom training plus 12 weeks of on the job training.

Participants Must:

- be 15-30 years old
- commit to 30 hours of work per week
- have a SIN number
- have faced barriers in obtaining work

How to apply: Apply online at <https://thelinkmb.ca/skills4success/>. A case manager will contact you to attend a mandatory information session. After the information session and an interview, successful applicants will be contacted.

Contact: Kathleen Kulik (Employment & Development Case Manager), Phone: 204-477-1722, Email: Kathleen.Kulik@thelinkmb.ca

9. Ready2Work – The Link

Ready2Work is a tailored, paid work placement program for young people who have work experience and are otherwise work-ready but have been affected by the COVID-19 pandemic in the last 18 months. The program consists of full-time employment for a 12-week period.

Participants Must:

- be 15-30 years old
- have a SIN number
- have had their employment impacted by the COVID-19 pandemic in the last 18 months (i.e., hours reduced, laid off, duties restricted, etc.)

How to apply: Apply online at <https://thelinkmb.ca/ready2work/>. A case manager will contact you to attend a mandatory information session. After the information session and an interview, successful applicants will be contacted.

Contact: Kathleen Kulik (Employment & Development Case Manager), Phone: 204-477-1722, Email: Kathleen.Kulik@thelinkmb.ca

10. Life Train – The Link

This program helps young adults 18 to 29 develop pre-employment and job search skills along with the ability to self-advocate. Participants also receive one-on-one help based on individual needs like housing and housing rights; medical, legal and CFS issues; as well as employment and income assistance.

Participants Must:

- be 18 – 29 years old

Program details:

- Continuous intake
- Youth motivation program

How to apply: Contact the case manager to enrol into the program.

Contact: Riley Douglas, Case Manager, Email: riley.douglas@thelinkmb.ca, Phone: 204-795-3225

Programs for Youth Involved in the Justice System

1. Momentum Resiliency Project – Momentum Centre

The Resiliency Project is a trauma-informed employment program that assists recently incarcerated youth facing barriers to successfully entering the labour market. The program provides quality work experience with leading-edge professional development and customized wrap-around supports that lead to meaningful, ongoing work.

Participants Must:

- be 18-30 years old
- have been previously incarcerated or involved with the justice system

Program Details:

- 6 weeks of pre-employment training
- 18 weeks of paid meaningful work experience
- Rate of pay: minimum wage
- Continuous intake

How to apply: Call Marielle to set up an interview and fill out an intake form.

Contact: Marielle Javate, Phone: 204-415-7488, Email: marielle.javate@momentumcentre.ca

2. Work2It – New Directions

Work2It is an individualized program for youth in contact with criminal justice system, 16-29, that allows individuals the time required to reach their goals of entry into the workforce or return to school.

Participants Must:

- be 16-29 years-old
- be referred by a parole officer or other member of the MB Justice Department

Program Details:

- Flexible start dates and timeline to completion
- Rate of pay: minimum wage
- Participants can earn a 0.5 high school credit for completing the program with a passing grade

How to apply: To register for the program, email TRY@newdirections.mb.ca

Programs for Youth Receiving EIA

1. Community Home Services Program – Opportunities for Employment (OFE)

The Community Home Services Program (CHSP) provides EIA recipients with both training and employment while they continue to search for long-term meaningful employment. Job readiness assessments, paid work experience, job development and employment retention training are provided to CHSP participants along with a range of supports to reduce barriers to employment with a goal of self-sufficiency.

Participants Must:

- be 18 years or older
- be receiving EIA
- not be working more than 25 hours per week
- be legally entitled to work in Manitoba and have a SIN

Program Details:

- Participants are hired for a 6-month term position with the goal of obtaining permanent employment with an outside employer within in the term
- Term positions are full-time, Monday-Friday, 8 a.m. – 4 p.m.
- Offers part-time employment for single parents of school aged children who work between 9:30 am and 2:30 p.m.
- Rate of pay: minimum wage
- Intake is continuous

How to apply: Referral through EIA is required

Contact: Call OFE at 204-925-3490

2. Employment Partnership Program – Opportunities for Employment (OFE)

The Employer Partnership Program utilizes a demand-led model, which prepares individuals for full-time, meaningful work in Winnipeg. This program simultaneously helps fill labour shortages experienced by Winnipeg employers and provides the supports necessary to help participants achieve success through full time employment. The program curriculum provides occupation-specific skills training and technical training for targeted positions available with the employer partners.

Participants Must:

- be 18 years or older

Applicants receiving EIA/Social Assistance will be prioritized

Program Details:

- Participants are placed in a full-time paid practicum for 3 months (to start)
- Rate of pay: Depends on site
- Intake is continuous
- Program website: <https://ofe.ca/job-seekers/>

How to apply: Contact OFE to register and meet with an Employment Consultant

Contact: Call OFE at 204-925-3490

3. Employment Mentorship Program – Opportunities for Employment (OFE)

The Employment Mentorship Program (EMP) is designed to assist Winnipeg employers in recruiting and retaining qualified and skilled employees. EMP consists of an extensive development program for participants, which includes essential skills training, career exploration and employment preparation. The training is followed by a paid mentorship period. An employment coach will act as a liaison with the employer and work one-on-one with the employee, ensuring adherence to workplace policies and procedures,

Participants Must:

- be 18 years or older

Applicants receiving EIA/Social Assistance will be prioritized

Program Details:

- Participants undergo 11 weeks of "in-class" essential skills training, followed by 3 months of paid work experience (typically extended another 3 weeks). Includes 6 months of intensive coaching
- Rate of pay: minimum wage
- Intake is open year-round
- Program website: <https://ofe.ca/job-seekers/>

How to apply: Call OFE at 204-925-3490 to register as a client.

4. Momentum Now! – Momentum Centre

An 8-week pre-employment seminar where participants remain on EIA/EI and prepare to enter the workplace. The pre-employment seminar actively introduces participant to all five key skill-building areas of the professional development curriculum through group-based employability skills training.

The seminar will be followed by 24 weeks of paid, meaningful work experience in their field of interest that participants help choose, all with the goal of transitioning successfully into ongoing employment.

Participants Must:

- be between ages 18 – 30
- be on EIA or at risk of being on EIA
- have dependable childcare, if they have children

Program Details:

- 8 weeks of pre-employment seminar
- 24 weeks of paid meaningful work experience in the field of choice
- Continuous intake

How to apply: Call Alexis to set up an interview and fill out an intake form.

Contact: Alexis Lamirande, Phone: 204-415-7488, Email: alexis.lamirande@momentumcentre.ca

Programs for Indigenous Youth

1. Adult Education and Employment Program – Urban Circle Training Centre Inc.

A 10-month Mature High School Diploma program offering six credits at the grade 12 level, with a focus on career development and planning. Courses run from January to June and from July to December each year. Offered in partnership with Seven Oaks School Division.

Participants Must:

- be 19 years or older and of Indigenous ancestry
- have a minimum of two high school credits (these credits may be any two credits from the Grade 9 to 12 level) and must not be from the list of courses offered at Urban Circle.
- be out of school for at least 6 months

Program Details:

- Next intake August 15, 2022 - June 16, 2023
- Program website: <https://bit.ly/3iUHDtw>

How to apply: Fill out the application on their website and submit via email, or apply in-person.

Contact: Vikkie Brown, email: vbrown@urbancircle-inc.com, Phone: 204-589-4433

Apprenticeship Program Stream: A 12-month program after completion of the July - December Adult Education and Employment Program. The streams offered are HVAC, Building Trades, and Sustainable Energy and are offered in partnership with Seven Oaks School Division.

How to Apply: Fill out an application on <https://www.urbancircletraining.com/training-opportunities/programs/> and email it to the addresses below.

Contact: Vikkie Brown, Email: vbrown@urbancircle-inc.com, Phone: 204-589-4433

2. Build Inc.

Trainees who finish this 6-month work program either go on to complete their high school education and enter apprenticeship programs (largely in carpentry), or they move directly into the work force. BUILD has been able to hire a select number of former trainees as permanent staff.

Participants Must:

- be Indigenous
- be a Manitoban facing barriers to employment (ex: criminal record, no high school diploma)
- be over 18 years old

Program Details:

- 8-10 weeks of in-class training followed by a 4-month practicum placement in one or more trades
- Rate of pay: minimum wage for 35 hrs/week
- Program website: <https://buildinc.ca/training-program/>

How to apply: Call to register in-person

Contact: Karen King at 204-943-5981 ext. 203

Summer Programs

1. Summer Graffiti Removal program – Take Pride Winnipeg

The seasonal Graffiti Removal program is a summer employment program run by Take Pride Winnipeg!, with financial assistance from the Urban Green Team program and the City of Winnipeg, as well as Canada Summer Jobs. The goal of this program is to assist with and augment graffiti removal efforts undertaken by the City of Winnipeg, as well as to provide meaningful employment to Winnipeg youth, teaching them essential job skills such as teamwork, organization and time management, while making Winnipeg a more beautiful city.

Participants Must:

- be 17-29 years old
- be a Winnipeg resident
- have a valid, permanent Manitoba driver's license
- plan to return to school in fall

Program Details:

- May-August; 4-month program; M-F 7:30am-4:30pm
- Rate of pay: \$15/hr
- CSA steel-toed boots are mandatory and will be reimbursed, up to \$100 by Take Pride Winnipeg!
- Program website: <https://bit.ly/2E9qLjB>

How to apply: Send your resume and cover letter to Carrie Lund at carrie@takepride.mb.ca The deadline is normally in April.

2. Clean Machine Youth Work Experience – BGC Winnipeg

Clean Machine is a summer employment program for young people. Youth in the program perform important work in the community while gaining experience for future employment. BGC Winnipeg (formerly known as Boys and Girls Clubs of Winnipeg) provides uniforms, equipment, and adult supervision for the youth to collect litter on the streets of Winnipeg (Clean Machine -Streets) or to clean and remove debris from Winnipeg waterways (Clean Machine – Waterways) - including the Seine River and Omand's Creek.

Participants Must:

- be 12-16 years old for Clean Machine—Streets.
- be 16-19 years old for Clean Machine – Waterways.

Program Details:

- Length of employment is 2 weeks (Mon-Fri) or 4 weekends; although casual employment on short term contracts is also available.
- Rate of pay: minimum wage
- Program website: <http://bit.ly/BGClubCleanMachine>

How to apply: Become a member of BGC Winnipeg and apply in June to begin in July.

Contact: Call: 204-982-4940 or email wagner@wbgc.mb.ca

3. Summer Employment – WRHA Indigenous Health Workforce Development

This placement is open to full-time high school and post-secondary First Nations, Inuit and Métis students who are returning to school in the fall. The Winnipeg Health Region has a wide range of facilities, from hospitals and clinics to administrative offices and personal care homes. Examples of duties include providing services to patients and their families, assisting with special projects, computer work, intra/internet research, data sorting, and assembling information packages.

Participants Must:

- be full-time high school and post-secondary students
- be First Nations, Inuit, or Métis

Program Details:

- Post-secondary students start placements in May while high-school students start placements in July
- Applications are taken in March through to May
- Program website: <http://bit.ly/WRHAHealthWorkforce>
- Access the placement handbook at https://wrha.mb.ca/wp-content/site-documents/indigenous-health/workforce/files/WD_ConnectingBooklet.Web.PDF

How to apply: Applicants must provide a cover letter and resume to the Aboriginal Health Programs – Workforce Development Human Resource Specialist. These can be emailed to wdoutreach@wrha.mb.ca

Contact: Call 204-940-8880 or email indigenoushealth@wrha.mb.ca

Programs for Newcomers

1. WorkStart Work Experience Program for Newcomers – Manitoba Start

WorkStart is a unique work experience program that taps the skills of newcomer youth and provides up to 8 weeks of paid work experience at no financial cost to the employer.

Participants Must:

- be newcomer youth 18-30 years old (permanent resident, work permit holder)
- have not received Employment Insurance in the last 5 years
- have not received funding supports from another program

Program Details:

- Continuous intake
- Rate of pay: minimum wage
- Program website: <http://bit.ly/WorkStartProgram>

How to apply: Register online

Contact: Call 204-944-8833 or [email frontdesk@manitobastart.com](mailto:email.frontdesk@manitobastart.com)

2. Manufacturing Production Worker Program – Opportunities for Employment (OFE)

This program is designed to prepare people with a Canadian Language Benchmark (CLB) of four or less to transition safely and successfully into long-term, full-time employment in the Manufacturing Sector. OFE partners with the Manitoba Institute of Trades and Technology (MITT) for the delivery of this program. The program model uses a targeted, demand-led approach and prepares people to work in a specific occupational environment in our local manufacturing sector. Key components include English for work, occupational specific essential skills training and work experience.

Participants Must:

- be 18 years or older
- be an immigrant or refugee to Canada
- have CLB 4 or less
- be currently unemployed or working less than 20 hours per week

Program Details:

- Paid employment in Manufacturing and Production field
- Rate of pay: Depends on partner site
- Intake is by cohort and depends participating sites
- Program website: <https://www.ofe.ca/job-seekers/programs>

How to apply: Contact OFE to register to register as a client. Register for a free online weekly information session.

Contact: Call OFE at 204-925-349

3. REDI Program—Pluri-Elles

REDI offers refugees and asylum seekers with a low level of French or English the opportunity to improve their language and professional skills in order to enter the Canadian labor market. This program was developed to link participants to employment.

Participants Must:

- be 18 years old and older with refugee or asylum seeker status (hold a valid work permit)
- have a level less than or equal to CLB 4
- receive Social Assistance or Resettlement Assistance Program (RAP) benefits
- have been in Canada for 3 years or less

Program Details:

- Intake usually in April each year; contact the program for updated information
- 6-weeks of pre-employment skills training, plus 8-12 weeks of paid work placement
- Rate of pay: normally minimum wage
- Program website: <https://bit.ly/3cb24Qs>

How to apply: Call to register in-person

Contact: Khalil Robbana, Job Placement Officer, Phone: 204-233-1735 ext. 205, Email: k.robbana@pluri-elles.mb.ca

4. The Road to Success Program - Pluri-Elles

The Road to Success is a promotional and innovative action project for female clients. We plan to help immigrant women learn or improve their language skills in both of Canada's official languages. They will receive various trainings in order to acquire knowledge to adapt to Canadian and Manitoban society. Participants will also receive counselling assistance, computer workshops, employability workshops, financial budgeting workshops, literacy workshops, family literacy workshops, and Manitoba law workshops.

Participants Must:

- be a woman aged 18+
- have permanent resident status in Manitoba
- have lived 5 years or less in Manitoba
- come from a French-speaking or Arabic-speaking country

Program Details:

- 6-month program; 9 a.m. – 3 p.m.
- Rate of pay: unpaid
- Program website: <https://bit.ly/3c9p2Yj>

How to apply: Call to register in-person

Contact: Samira Benboualia, Phone: 204-233-1735 ext. 213, Email: samira.b@pluri-elles.mb.ca

Programs for French Speakers

1. Destination Emploi - CDEM

At Destination Emploi participants don't just learn how to make a CV - they also become prepared for the job market. Participants learn how to behave in the workplace, how to have a good interview, and how to be a model employee. They also participate in several training workshops, for example, one on occupational safety led by Safe Workers of Tomorrow, and one on financial management. Participants also have the opportunity to simulate job interviews in order to be better prepared.

Participants Must:

- be aged between 17-30 and not currently enrolled in a secondary, university, or college-level program
- be unemployed or working on average less than 20 hours/week
- have the ability to speak French
- not be currently receiving Employment Insurance benefits
- have availability for training from 9 a.m. to 3:30 p.m., Monday to Friday

Program Details:

- 16 weeks
- Rate of pay: minimum wage
- Intake is continuous
- Program website: <https://www.cdem.com/evenements/destination-emploi/>

How to apply: Contact Salimata Soro, Phone: 204-925-2321 Email: ssoro@cdem.com

Contact: 204 925-2320 or email cdem@cdem.com

Short-term Programs & Training Certificates

1. Free Training Opportunities – Youth Employment Services Manitoba

Training Programs Offered:

- Smart Choices – Cannabis
- Smart Choices – Alcohol
- Get Into programming in partnership with Prince's Trust Canada
- Certified Food Handler Training Program
- Skills to Succeed in partnership with YES Toronto
- Young Worker Safety Program in partnership with 1Life Workplace Safety & Health
- SAFE Work Manitoba courses in partnership with SAFE Work Manitoba, 12 courses are offered including **WHMIS** and **Young Worker Readiness Certificate Course**

Participants Must:

- be 16-29 years old with a Social Insurance Number (SIN)
- be a resident of Manitoba
- have a valid government-issued photo ID for certain trainings

Program Details:

- All trainings aside from First Aid/CPR are offered online at the trainee's pace. Participants are welcome to use YES Manitoba's Resource Area for free computer usage during office hours
- First Aid is generally offered monthly in-person, although frequency is subject to change
- Small monetary deposit may be required to secure training spot; money is returned upon completion of training or certificate
- Program website: <https://yesmb.ca/resources/training-opportunities/>

How to apply: Contact Youth Employment Services Manitoba to register.

Contact: (204) 987-8661 or reception@yesmb.ca

2. Warehouse Training Program – Harvest Manitoba

In this program, you will learn standard industry skills to help you find work in a warehouse or distribution centre. Learn about shipping and receiving, how to safely operate warehouse equipment, ensure product quality control, maintain inventory, compile orders and serve the public.

Participants Must:

- be at least 16 years old
- be unemployed or employed part-time (less than 20 hrs/week); EIA, EIA Disability, EI, or without any type of financial assistance);
- be eligible to work in Manitoba

Program Details:

- Next intake: TBA
- Rate of pay: unpaid
- 4 weeks for 25hrs/week

Program website: <https://www.harvestmanitoba.ca/need-food/need-career/kitchen-training-program/>

How to apply: Apply online **Contact:** (204) 982-3663

*Programming has been on pause due to Covid-19. Please contact to find out most current information.

3. Kitchen Training Program – Harvest Manitoba

The Harvest Kitchen Training Program is designed to teach commercial kitchen skills needed for entry-level employment in the food service industry. Participants will build practical food preparation and cooking skills and safe food handling practices. All graduates receive a letter of reference from the class instructor in addition to a certificate of completion.

Participants Must:

- be at least 16 years of age
- be unemployed, part-time employed (less than 20 hrs./week), or receiving EIA, EIA Disability, or EI
- be eligible to work in Manitoba

Program Details:

- Next intake: TBA
- Rate of pay: unpaid
- 4 weeks for 25hrs/week

Program website: <https://www.harvestmanitoba.ca/need-food/need-career/kitchen-training-program/>

How to apply: Apply online.

Contact: 204-982-3663

*Programming has been on pause due to Covid-19. Please contact to find out most current information.

4. Security Guard Training Program - DMSMCA

Participants Must:

- be 18 years of age or older
- live in Winnipeg, Manitoba
- be eligible to work in Canada
- be unemployed or underemployed, currently looking for work
- have a valid social insurance number
- complete an interview and employment assessment

Priority will be given to those who are in Daniel McIntyre/St. Matthews (West End) and Inner-City neighbourhoods.

Program Details:

- 5-day training program
- Offered at least once per month

Program website: <https://www.dmsmca.ca/prep-employment-readiness-program>

How to apply: Call or email to register in-person

Contact: Kendall Giilck, Phone: 204-774-7005, Email: workprep2@dmsmca.ca

5. Property Maintenance Fundamentals Training Program - DMSMCA

In this program, participants will receive training in electrical systems, WHMIS, HVAC, lighting, plumbing, interior and exterior maintenance, and custodial skills. One day of on-the-job training is provided.

Participants Must:

- be 18 years of age or older
- live in Winnipeg, Manitoba
- be eligible to work in Canada
- be unemployed or underemployed, currently looking for work
- have a valid social insurance number
- complete an interview and employment assessment
- attend a mandatory information session, detailed on their website

Priority will be given to those who are in Daniel McIntyre/St. Matthews (West End) and Inner-City neighbourhoods.

Program Details:

- 1-week training program
- One online information session and training session offered per month

Program website: <https://www.dmsmca.ca/prep-employment-readiness-program>

How to apply: Call or email to register

Contact: Alexandre Resende, Phone: 204-774-7005 ext. 113, Email: workprep1@dmsmca.ca

6. Customer Service Workshop - Immigrant Centre

Participants Must:

- be permanent residents: refugees, family class, MPNP nominees, economic class. etc.
- have valid open work permits: refugee claimants, international students/spouses, etc.
- be nationalized citizens: still needing specialized support

Program Details:

- Program is offered approximately every 2 months
- Offered over the course of two mornings or two afternoons
- Program website: <https://www.icmanitoba.com/services/employment/>

How to apply: Contact Immigrant Centre to be put on the waitlist and contacted 2-3 weeks before next delivery.

Contact: 204-943-9158

7. Commercial Cleaning Workshop - Immigrant Centre

Participants Must:

- be permanent residents: refugees, family class, MPNP nominees, economic class. etc.
- have valid open work permits: refugee claimants, international students/spouses, etc.
- be nationalized citizens: still needing specialized support

Program Details:

- Program is offered approximately every 2 months
- Offered over the course of 3 mornings or 3 afternoons

Program website: <https://www.icmanitoba.com/services/employment/>

How to apply: Contact Immigrant Centre to be put on the waitlist; individuals will be contacted two to three weeks before next delivery

Contact: 204-943-9158