



NANAIMO WOMEN'S RESOURCES SOCIETY

women helping women

PROGRAMS 2008-2009

"A DRESSING BUSINESS"

Resume building, interview preparation, and dressing for success, are all part of transitioning into the workforce. "A Dressing Business" is a program which provides professional attire, footwear, and accessories –if available- appropriate for the particular industry interview. This program is one step in the confident journey towards successfully obtaining and retaining employment, achieving economic independence as well as social stability.

"GO GIRL"

"Go Girl!" is geared to teach girls aged 11-14 years about setting and maintaining healthy boundaries as an important tool to achieving their short and long term goals.

Community Kitchens

"Cooking Out of the Box" 2nd Friday each month

"The program is free to participants and encourages the use of fresh fruits and vegetables in a healthy diet. At each 2 hour session, 3 to 4 recipes are prepared using the contents of the Good Food Box, which varies from month to month. The Community Kitchens facilitator chooses the recipes, purchases a Good Food Box for each location and the extra food needed to prepare the recipes. The sessions ends with a shared meal, group discussion and clean up. Participants receive copies of the recipes and extra food is divided among the clients to take home." Community Kitchens website