



# 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" 2<sup>nd</sup> 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