



Work Experience Programs Guide

Opportunities in Winnipeg to gain workplace skills & experience



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Introduction

Finding employment in today's job market can be very challenging. It can be difficult to gain the necessary skills, confidence, and experience youth need to bring their best to their workplace and be successful in their careers. The Work Experience Programs Guide aims to connect youth with work experience 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 high school students, EIA clients, Indigenous Youth, Newcomers, and French-speakers
- Short-term (1-5 days) and longer term (4-12 weeks) opportunities
- Opportunities to build your professional network, gain workplace skills, and explore your 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

Youth Employment Services (Y.E.S. Manitoba Inc.) delivers 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/cover letter development, interview preparation, and job search assistance. We provide support with job applications, offer daily job leads and “top ten” job lists twice per week. In addition, we offer employment related workshops and training opportunities.

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

Vocational & Transitional Programs to Post-Secondary

To learn more about vocation-specific training programs, check out the Futures Forward Transitional Programs to Post-Secondary Guide. Here you will find 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

Training Resources for Youth, or TRY is a program to help 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.

Eligibility:

- 16-21 years-old, cannot be employed or in school.
- Students must 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 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: (204) 786-7051, Ext 5256 OR email: TRY@newdirections.mb.ca
mona.neufeld@newdirections.mb.ca

2. Work2It – New Directions

Training Resources for Youth, or TRY is a program to help 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.

Eligibility:

- 16-29 years-old
- Participants must 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

3. Youth Work Experience Initiative— Momentum Centre

The Youth Work Experience Initiative offers an opportunity to gain *paid employment* in your specific field of expertise or interest. A work experience placement offers: strategies to develop a network of professional contacts in your field, an opportunity to demonstrate and develop skills specific to your field, a chance to investigate what kind of work you are passionate about, a chance to receive detailed feedback and personalized coaching from experienced staff mentors, a supportive environment for learning about professional workplace cultures, and a way for you to gain experience in your field of interest or expertise.

Eligibility:

- Participant must be aged 18-30, and not be a full-time student
- Be legally entitled to work in Manitoba, and neither currently in receipt of EI benefits, nor in the past 3-5 years
- No Active EI claims
- Currently on EIA or at risk of being on EIA

Program Details:

- Next intakes are April 5, 2021 to November 12, 2021; July 26, 2021 to March 4, 2022; and December 13th, 2021 to July 22nd, 2022
- 8 weeks pre-employment training, 24 weeks paid meaningful work experience
- Rate of Pay: Minimum wage; 37.5 hrs/week
- Program website: <https://bit.ly/35NFeNC>

How to apply: Call to register in person. Deadline to apply is two weeks before program start date.

Contact: Call: 204-415-7488 Ext 209 Kalyn Mcgimpsey OR email: info@momentumcentre.ca

4. 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 addition, they will complete a 12-week work placement.

Eligibility:

- Participants must be 18-30
- You may be deemed ineligible if you have accessed or utilized similar services, drawn 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
- Rate of Pay: Minimum wage for 30 hrs per week
- Program website: <https://bit.ly/35UBFVW>

How to apply: Call to book a spot in the upcoming EYEE information sessions, registration will follow if eligible

Contact: Kae Normandeau 431-813-4639 or email employmentoutreach@elmwoodcrc.ca

5. LevelUp! Program – RayInc

The Level Up! program is an innovative project made possible by the federal government, designed to help youth develop skills for successful careers, setting them up for independence. Through a variety of strength-based training, workshops, and supported work placements, youth gain valuable skills and become employment-ready.

Eligibility:

- Must be aged 18 – 29,
- Must be a Canadian Citizen or Permanent Resident; must have a Social Insurance Number (SIN)
- Cannot have previously participated in a program through Employment and Social Development of Canada

Program Details:

- Continuous intake
- 7 week classroom training session, followed by a 16 week supported work placement
- Rate of Pay: Minimum wage for 30 hours per week.
- Program website: <https://bit.ly/3mwl1BP>

How to apply: Apply online

Contact: 204-293-1170 OR cbirch@rayinc.ca

6. Transitions To Employment (TTE) – Teen Stop Jeunesse

Youth will learn about today's workforce, themselves and how to put the two together to move forward in a successful direction. Once they have successfully completed all class-work they will then be paired up with a Career Coach as well as one of our host employers. They will work full time with them in order to gain work experience in the field they are interested in and have the possibility to gain permanent employment.

Eligibility:

- You must be between 15 - 30 years old and not currently receiving Employment Insurance (EI)

Program Details:

- 4 weeks of training and development; 12 weeks working full time with them in order to gain work experience in the field they are interested in and have the possibility to gain permanent employment
- Intake: TBA
- Rate of Pay: For training, \$11.90/hr 4 days a week at 4 hrs a day, bus tokens included. For work placement, \$11.90/hr up to 450 hours, bus pass included)
- Program website: <https://bit.ly/2ZN45o8>

How to apply: Call to register in person

Contact: Celina Bravar: 204-254-1618 ext. 103

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

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

Our 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, building projects and community relationships.

Eligibility:

- 11-16 year-olds

Program Details:

- Rate of pay: minimum wage, casual hours
- Program website: <https://bit.ly/2ZOWn5M>

How to apply: Contact Youth Crew Coordinator, Ana Cotton at 204-783-5000 Ext. 117 or email: ana@spenceneighbourhood.org

8. IT Program – Success Skills Centre

Eligibility:

- 18-30 years old
- Obtained a post- secondary diploma/ and have education or training in computers,
- A Canadian citizen, a permanent resident, or a person who has been granted refugee status in Canada.

Program Details:

- 2-week webinar covering topics of resume, cover letter, and interview practice followed by 26 weeks (IT) or 16 weeks (Various occupations) of full-time work experience.
- Rate of Pay: Depending on the company; up to \$20/hr

How to apply: Email your resume to nduran@successcentre.ca

Contact: Nubia Duran, Labour Market Specialist at Phone: (204) 975-5111; Cell: (204) 995-6010; nduran@succescentre.ca

9. WEST (Work Experience Skills Training) – 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 Immigrant youth who need support finding employment.

Eligibility:

- 18-29 years-old
- Persons of indigenous backgrounds and new immigrants with an English benchmark of 3 or better.

Program Details:

- 4 weeks of classes and up to 8 weeks of paid work internship 9-3pm
- 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

10. Work Readiness Program – Macdonald Youth Services

The is a paid work experience program that consists of 6 weeks of workshops and training, followed by work placement at various sites for 12 weeks where youth can continue to develop their employment skills and gain work experience.

Eligibility:

- 18 -29 years of age

Program Details:

- Intake is 4x per year. Next intake is in August 2021.
- 6 weeks (30 hours/week) in-class plus 12-week (30 hrs/week) work placement
- Rate of Pay: Depends on site
- Program website: <https://www.mys.ca/services/skills-for-life>

How to apply: Contact Jennifer Giesbrecht at 204.949.6500 or jennifer.giesbrecht@mys.mb.ca to request a copy of the application form

Programs for EIA clients

1. Community Home Services Program – Opportunities for Employment

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 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.

Eligibility:

- 18 years or older
- Receiving EIA. Not 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. Full-time M-F, 8-4pm
- 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

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 occupational specific skills training and technical training for targeted positions available with the employer partners.

Eligibility:

- 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

The Employment Mentorship Program (EMP) is designed to assist Winnipeg employers in recruiting and retaining qualified 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, creating positive working relationships and increasing job satisfaction between the employer and employee.

Eligibility:

- 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 continuous
- Program website: <https://ofe.ca/job-seekers/>

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

Programs for Indigenous Youth

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

A 10-month Mature High School Diploma program offering 6 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.

Eligibility:

- 19 years or older of Indigenous ancestry (status, non-status, Metis, Inuit)
- Must 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 Sept 2021
- Program website: <https://bit.ly/3iUHDtw>

How to apply: Apply online by filling out the application on their website and email it to Vikkie or Patti. Or apply in person.

Contact: Vikkie Brown / vbrown@urbancircle-inc.com / 204 589 4433 OR Patti Wandwich/ pwandowich@urbancircle-inc.com

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

2. Build Inc.

Trainees who finish this six-month work program either go on to complete their high school 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 part of our permanent staff.

Eligibility:

- Indigenous Manitobans who face barriers to employment (ex: criminal record, no high school diploma).
- Men aged 18-30, and women over 18 (no age cap)

Program Details:

- 8-10 weeks (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

3. Volunteer Placement – WRHA Indigenous Health Workforce Development

This program offers placements for those high school students looking for work experience in health care settings; 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, internet research, data sorting and assembling information packages.

Eligibility:

- Full-time high school students with First Nations, Inuit and Métis ancestry

Program Details:

- Volunteer Placements are one semester long and take place from September to January or February to June. Students will volunteer three to four hours a week and complete a variety of tasks during their placement.
- Rate of Pay: Unpaid
- Program website: <http://bit.ly/WRHAHealthWorkforce>

How to apply: Applicants will be required to fill out the volunteer application at the site or hospital that they are interested in doing a placement at. These applications can either be downloaded and printed off from the site or hospital website under the tab “volunteer opportunities.”

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

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.

Eligibility:

- 17-29 years old
- Winnipeg resident
- Valid, permanent Manitoba driver's license
- Returning to school in the fall

Program Details:

- May-Aug; 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 resume and cover letter to Carrie Lund: carrie@takepride.mb.ca.
- Deadline is April 1st

2. Youth Work Experience – Boys and Girls Clubs of 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. The Boys and Girls Clubs of Winnipeg provide 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.

Eligibility:

- 12-16 years old for Clean Machine—Streets. 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 B&G Clubs of 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.

Eligibility:

- Full-time high school and post-secondary First Nations, Inuit and Métis students

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
- Rate of Pay: Paid: Full time position
- Program website: <http://bit.ly/WRHAHealthWorkforce>

How to apply: Applicants must provide a cover letter and resume to our 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

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 work at the Community Office on Ellice Ave. After graduating in August, Youth receive Summer/Fall work placements with local employers, such as the University of Winnipeg, The WRENCH, and other businesses and agencies. Every spring, our office assists past participants with applications to the City of Winnipeg for jobs as Recreation Technicians at local community centres.

Eligibility:

- 19-29 years-old and not currently in school
- Local (living between Balmoral and Agnes, and Portage and Notre Dame) and newcomer youth who have little or no work experience.

Program Details:

- July and August: for 19hrs/week
- 72hr placement the following fall
- Rate of Pay: \$11.90/hr for
- Program website: <https://bit.ly/2ZOWn5M>

How to apply: Complete the online application form: <https://bit.ly/33Buuzc> and email to aaron@spenceneighbourhood.org

Contact: First Jobs 4 Youth Coordinator: Aaron Maciejko at 204-783-5000 Ext. 116 OR email aaron@spenceneighbourhood.org

Programs for Newcomers and French Speakers

1. WorkStart Work Experience Program for Newcomers – Manitoba Start

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

Eligibility:

- Newcomer youth 18- 30 years old (permanent resident, work permit holder, refugee claimant)

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

2. Manufacturing Production Worker Program – Opportunities for Employment

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.

Eligibility:

- 18 years or older
- Immigrant or Refugee to Canada
- CLB 4 or less

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://ofe.ca/job-seekers/>

How to apply: Contact OFE to register to register as a client.

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.

Eligibility:

- Individuals 18 years old and older, who have 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:

- Next intake is April 2021
- 6 week pre-employment skills training, plus 8-12 weeks paid work placement
- Rate of Pay (usually at \$11.90/ hr).
- Program website: <https://bit.ly/3cb24Qs>

How to apply: Call to register in person

Contact: phone: 204-233-1735(ext 227) Email: Dylan Preece d.preece@pluri-elles.mb.ca

4. Pluri-Elles - The Road to Success Program (for female clients)

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, Manitoba law workshops.

Eligibility:

- Women ages 18+
- Have permanent resident status in Manitoba; has lived 5 years or less in Manitoba;
- Comes from a French-speaking or Arabic-speaking country

Program Details:

- 6-month program; 9am-3pm; Next intake April 2021
- Rate of Pay: Unpaid
- Program website: <https://bit.ly/3c9p2Yj>

How to apply: Call to register in person

Contact: Samira Benboualia at 204-233-1735 EXT 213 or email: Samira.b@pluri-elles.mb.ca

5. Destination Emploi (for French-speakers)—CDEM

At Destination Emploi you don't just learn how to make a CV - we also prepare you for the job market. You learn how to behave in the workplace, how to do a good interview and how to be a model employee. You also participate in several training workshops, for example, on occupational safety led by "Safe Workers of Tomorrow" and financial management. You also have the opportunity to simulate job interviews with outsiders in order to be better prepared.

Eligibility:

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

Program Details:

- 9-week training program (4 weeks of theoretical training and 5 weeks of practical training)
- Rate of Pay: minimum wage
- Intake is continuous
- Program website: <http://bit.ly/DestinationEmploiCDEM>

How to apply: Contact Salimata Soro at 204 925-2321 or ssoro@cdem.com

Contact: Call: 204 925-2320 OR Email: cdem@cdem.com

Short-term Programs & Training Certificates

1. 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, compiling orders and serving the public.

Eligibility:

- At least 16 years of age
- Unemployed or employed part-time (less than 20 hrs/week); EIA, EIA Disability, EI, or without any type of financial assistance);
- 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.**

2. 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.

Eligibility:

- At least 16 years of age
- Unemployed or part-time employed (less than 20 hrs./week); EIA, EIA Disability, EI, or without any type of financial assistance);
- 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. Security Guard Training Program – DMSMCA, PREP Employment Readiness Programs

Eligibility:

- 18 years of age or older, a resident of Manitoba,
- Eligible to work in Canada, unemployed, underemployed or low income – priority given to those who are in Daniel McIntyre/St. Matthews (West End) and Inner-City neighbourhoods
- Have a valid social insurance number

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 to register in person

Contact: Maria De Guzman at (204) 774-7005 ext. 106 or maria@dmsmca.ca

4. Custodial Skills Training Program – DMSMCA, PREP Employment Readiness Programs

Eligibility:

- 18 years of age or older, a resident of Manitoba,
- Eligible to work in Canada,
- Unemployed, underemployed or low income – priority given to those who are in Daniel McIntyre/St. Matthews (West End) and Inner-City neighbourhoods
- Have a valid social insurance number

Program Details:

- 3-day 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 to register in person

Contact: Abdi Kadir at 204-774-7005 ext. 113 or abdikadir@dmsmca.ca

5. Customer Service Workshop – Immigrant Centre

Eligibility:

- Permanent Residents: Refugees, Family Class, MPNP Nominees, Economic Class. etc.
- Valid Open Work Permit Holders: Refugee Claimants, International Students/Spouses, etc.
- Nationalized Citizens: Still needing specialized support

Program Details:

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

6. Commercial Cleaning Workshop – Immigrant Centre

Eligibility:

- Permanent Residents: Refugees, Family Class, MPNP Nominees, Economic Class. etc.
- Valid Open Work Permit Holders: Refugee Claimants, International Students/Spouses, etc.
- 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 and contacted 2-3 weeks before next delivery.

Contact: (204) 943-9158

7. Food Handler's & Emergency First Aid/CPR – DMSMCA, PREP Employment Readiness Programs

Eligibility:

- 18 years of age or older, a resident of Manitoba,
- Eligible to work in Canada,
- Unemployed, underemployed or low income – priority given to those who are in Daniel McIntyre/St. Matthews (West End) and Inner-City neighbourhoods
- Have a valid social insurance number

Program Details:

- Program website: www.dmsmca.ca

How to apply: Call to register in person

Contact: Maria De Guzman at (204) 774-7005 ext. 106 or maria@dmsmca.ca

***Program currently suspended due to Covid-19 restrictions. Please contact for most up-to-date information.**

8. Food Handler's, Emergency First Aid/CPR, & WHMIS - Immigrant Centre

Eligibility:

- Permanent Residents: Refugees, Family Class, MPNP Nominees, Economic Class. etc.
- Valid Open Work Permit Holders: Refugee Claimants, International Students/Spouses, etc.
- Nationalized Citizens: Still needing specialized support

Program Details:

- Program is offered approximately every 2 months
- 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

9. Food Handler's, Emergency First Aid/CPR, Smart Choices & WHMIS – Youth Employment Services

Eligibility:

- Youth ages 16-29 with a Social Insurance Number (SIN)

Program Details:

- Programming is offered approximately every 2 months, WHMIS is offered online on-demand
- Program website: <https://www.yesmb.ca/participant-training>

How to apply: Contact Youth Employment Services to register.

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