

Active Green+Ross
COMPLETE TIRE & AUTO CENTRE

**AUTOMOTIVE
TECHNICIAN**

HIRING AUTOMOTIVE MECHANIC.
LOOKING FOR LICENSED 310S OR
2ND YEARS APPRENTICE

WE DO ALIGNMENT
FRONT END WORK
BRAKE
GENERAL REPAIR

CONTACT CHRIS AT
647 268 3538
Email: 1530@activegreenross.com

Dairy Freeze
Fast Food Drive-In Restaurant

- FULL-TIME (6 days including weekend)
- PART-TIME (Wknd • Thurs. to Sun. to 2am)
 - Day Shift (9am to 6pm)
 - Night Shift (6pm to 2am/ Fri & Sat to 4am)
- Short Order Cook
- Counter Help/Cashier
- Prep Cook

Minimum 4 years experience.
Serious applicants only.
APPLY IN PERSON
DAIRY FREEZE
1601 St. Clair Ave. West

LOCAL HELP WANTED

WEST TORONTO INCLUDING: **BRAMPTON & MISSISSAUGA** ²³ **JOBS AND CAREER TRAINING**

Vol. 12 – ISSUE 05 www.localhelpwanted.ca May 3, 2025 – June 7, 2025
For Advertising Information Call 905.420.4123 or 416.779.2523 e-mail: rates@localhelpwanted.ca

FREE

 **oriole**
landscaping

AZ or ARZ Driver of Landscaping
Tri-Axle truck needed full-time.
GO HOME AT THE END OF EACH
WORK DAY.
Three years experience please.

Please send your resume to
julie@oriolelandscaping.com

INSTALLER

Window covering installer with
at least 1 year of experience.
Wage depends on experience.

Apply in person:
12-5109 Steeles Ave West, M9L 2Y8
Phone #: **416-543-1037**

NOW HIRING

SUPERVISOR
for Hard Chrome Plating Shop
with experience. Competitive
pay and great benefits.
Jane/Hwy 7.

Email resume:
sales@concordhardchrome.com
or call: **905-738-7921**

**SKILLED
READY
HIRED**

Get job-ready in months with hands-on
training in healthcare or skilled trades.

 **Medix College**  **North American
TRADE SCHOOLS**

 medixcollege.ca  nats.ca

**TRUCK
DRIVER**
Training
provided
1.800.753.2284

HIRING
**COOK/FOOD PREP
IN SCHOOL CAFETERIAS**

Monday to Friday, 8:00am-1:00pm
all York region area (school cafeterias)

We are seeking reliable and experienced Cooks/Food
Prep staff to join our team. The successful candidates will
be responsible for preparing and serving nutritious meals
to students.

Requirements:

- Experience in food preparation or cashing is an asset
- Ability to work independently and as part of a team
- Strong communication and customer service skills

If you are a motivated and enthusiastic individual who
enjoys working in a fast-paced environment, please
forward your resume to:

justcateringfoods@rogers.com
Or leave message at
905-851-5100

**DRAPERY
MAKER**

Drapery maker with at least
2 years of experience.
Wage depends on experience.

Apply in person:
12-5109 Steeles Ave West, M9L 2Y8
Phone #: **416-543-1037**

**GET A SECURITY
GUARD JOB NOW**

****LIVE CLASSROOM INSTRUCTION****

 Ministry required Security Guard course:
In-class \$269 includes First Aid,
Defensive Tactics & Handcuffing or
On-line \$89 - does not include First Aid
Guaranteed to pass the Ministry Exam or
you may retake the course for free.
PRIVATE INVESTIGATOR COURSE \$499
CALL 416.750.4747
www.centreforsecurity.com

**SALES
PERSON**

Window covering sales person
with at least 2 years of experience.
Wage depends on experience.

Apply in person:
12-5109 Steeles Ave West, M9L 2Y8
Phone #: **416-543-1037**



Find jobs close to home

Employers are hiring **general labour, restaurant staff, machine operators** and more. We'll connect you; help build your resume, earn certifications in food handling and customer service and provide year-long support to help you stay employed.

Call Now

416.789.7925: Toronto

905.669.5627: Vaughan

905.459.8855: Brampton

905.567.0482: Mississauga

416.588.2240: Weston

To learn more, visit www.costi.org



YOUTH MATTERS

Employment Program for Youth

Program is provided at NO Cost to You!

Pre-Employment Training

- Resumes
- Job Search Support
- Mock Interviews

Financial Support

- Living Allowance
- Short-Term Training
- Certifications

Employment Opportunities

- Job Development
- Employer Outreach
- Job Retention

Eligibility:

- Youth aged 15-30
- Legally entitled to work in Canada
- Unemployed
- Not enrolled in school full-time

Program Offered in Toronto, York and Peel Region.

Contact Us!

☎ 416-297-9373 ext. 221
✉ YouthInfo@rncs.ca

Funded in part by the Government of Canada under the Youth Employment and Skills Strategy

SKILLED READY HIRED

Get job-ready in months with hands-on training in healthcare or skilled trades.

medixcollege.ca

nats.ca

Looking for support in your career journey? ACCES Employment can help



ACCES Employment supports over 56,000 jobseekers annually, to overcome barriers and find suitable employment. A Canadian non-profit organization with decades of experience, ACCES provides a wide range of specialized programs, services, and resources tailored to the unique needs of their clientele.

Through strategic partnerships with employers, government agencies, and community organizations, ACCES facilitates job placements, skills training, network building, mentorship opportunities, and additional resources aimed at helping jobseekers achieve their professional goals.

In this current uncertain job market, individuals looking to find work or upgrade their skills may find themselves overwhelmed. ACCES can make a difference, by helping them overcome

employment barriers and reach their goals through their services.

ACCES Employment Services

- **Job Search Support:** Including resources and information, job search workshops, and employment counselling, as well as job placement and retention services.
- **Employer Connections:** Connecting jobseekers with a network of employers to provide opportunities for job placements via direct referrals, exclusive hiring events, job fairs, etc. ACCES also provides retention services to help individuals succeed in their new roles, even after being hired.
- **Skills Development:** Facilitation of online workshops and training programs designed to enhance jobseekers' professional skills during their employment journey including resume development, interview best practices, program information sessions, and more.
- **Industry-Specific Programming:** Sector-specific bridging programs

are available to support jobseekers in finding work that aligns with their past experience. Each program provides customized sector specific training, covering industries like healthcare, engineering, agri-tech, etc.

- **Networking Opportunities:** Mentoring support programs are available to connect jobseekers to professionals that will support them in their career growth and development,

an important aspect of a successful job search.

Why Choose ACCES?

ACCES Employment understands the challenges facing jobseekers today and is here to help. To learn more, visit acesemployment.ca to explore resources and schedule an appointment.

Call 416-921-1800

www.acesemployment.ca



Jobseekers and employers network at ACCES Employment's Speed Mentoring Marathon®



Looking for work? We can help!

ACCES Employment provides customized job search support and targeted programs to help you reach your employment goals.

Contact us today:

📞 416 921 1800

🌐 acesemployment.ca

✉️ info@acesemployment.ca



EMPLOY - ABILITY

EMPLOYMENT PROGRAM TO SUPPORT INDIVIDUALS WITH DISABILITIES

- EMPLOYMENT FOCUSED WORKSHOPS
- JOB SEARCH GUIDANCE
- RESUME & COVER LETTER DEVELOPMENT
- INTERVIEW PREPARATION



ELIGIBILITY

- IDENTIFY AS HAVING A DISABILITY
- LEGALLY ENTITLED TO WORK IN ONTARIO
- CANADIAN CITIZEN, PERMANENT RESIDENTS OR PERSONS GRANTED REFUGEE STATUS

employability@rnccs.ca
416-297-9373 ext. 243
www.rnccemploymentservices.ca



Funded in part by the Government of Canada | **Canada**




WoodGreen Integrated Employment Services

Looking for a new job? We can help!

4 Locations in Toronto:
 811 Danforth Ave. (Danforth & Pape)
 219 Dufferin St. Suite 1C (Dufferin & King)
 2930 Lake Shore Blvd. W. (Lakeshore & Islington)
 1533 Victoria Park Ave. (Vic Park & Eglinton)



Contact us today!

(416) 405-5254 | findajob@woodgreen.org

WOODGREEN.ORG



PICOV'S FURNITURE

in Pickering requires

GENERAL LABOURERS
UPHOLSTERERS
PART TIME SALES



Call Mr. Perry
905-831-6040

TRUCK DRIVER

Training provided
1.800.753.2284

GET A SECURITY GUARD JOB NOW

****LIVE CLASSROOM INSTRUCTION****

Ministry required Security Guard course:
 In-class \$269 includes First Aid, Defensive Tactics & Handcuffing or
 On-line \$89 - does not include First Aid
Guaranteed to pass the Ministry Exam or you may retake the course for free.

PRIVATE INVESTIGATOR COURSE \$499
CALL 416.750.4747
 www.centreforsecurity.com



3555 Thickson Road, Whitby, Ontario, L1R 2H1

WE ARE HIRING

motivated and reliable individuals for the following part time positions:

GROCERY CLERK
PRODUCE CLERK
CASHIER

We offer the opportunity for benefits, staff discount days, flexible schedules, and a team atmosphere.

Please drop off resume and completed application (available in store) at Conroy's No Frills 3555 Thickson Road Whitby.

JOBS!

JOBS!

JOBS!

JOBS!



LANDSCAPING CREW LEADERS & LABOURERS WANTED



General Requirements

- Work time frame 6am - 5pm Monday - Friday
- Reliable, trustworthy and able to work vary hours, days, nights, holidays and weekends as needed
- Ability to work safely and efficiently
- Ability to drive/operate equipment in extreme weather conditions
- Time frame FT/PT/ Seasonal
- Wage \$22 - \$28 / hr. based of experience also Medical Benefits available

Specific Requirements for Drivers.

- Valid G license
- Ability to operate truck and trailer
- Experience using a skid steer

Experience

- Operating Lawn Equipment such as: Ride on mower, Lawn trimmer, Chain saw etc.
- Gardening, Sod Repair, Lawn Cutting
- Tree Planting, Flower Planting

Please Call or Email Resume:
905-738-1437
office@silverstonelandscaping.com

TOW TRUCK DRIVER / MECHANIC

Full or Part Time available.
 Uxbridge & Stouffville area.
 Salary and commission for the right candidate. Driver's abstract required.
 Apartment Available.

Call:
905-852-3447
 or email:
info@andystowing.ca



Ontario TRUCK TRAINING Academy

Oshawa | Peterborough

AZ • BZ • CZ • DZ DRIVER TRAINING

- Ministry of Transportation
- Approved TTSO Air Brake Endorsement Course
- Insurance Endorsed
- Simulator-based Defensive Driving Courses
- 'A' Restricted Courses Available



1.800.753.2284

COURSES START WEEKLY
• TUITION ASSISTANCE AVAILABLE

Ask us how we can assist fleet and owner/operators with training and retraining costs for current and new employees



AZ or ARZ Driver of Landscaping Tri-Axle truck needed full-time. GO HOME AT THE END OF EACH WORK DAY.

Three years experience please.

Please send your resume to julie@oriolelandscaping.com

Dairy Freeze

Fast Food Drive-In Restaurant

- FULL-TIME (6 days including weekend)
- PART-TIME (Wknd • Thurs. to Sun. to 2am)
 - Day Shift (9am to 6pm)
 - Night Shift (6pm to 2am/ Fri & Sat to 4am)
- **Short Order Cook**
- **Counter Help/Cashier**
- **Prep Cook**

Minimum 4 years experience.
Serious applicants only.
APPLY IN PERSON
DAIRY FREEZE
1601 St. Clair Ave. West



LEARN AI, CYBER SECURITY, MEDICAL & HEALTH PROGRAMS FOR FREE IF QUALIFIED

- You could be job ready in 10 months!
- Conditions apply.

Call:
☎ (416) 489-8946
☎ (437) 223-4505
study@thecanadiancollege.ca
705 Progress Ave Unit 108
Toronto



Active Green + Ross
COMPLETE TIRE & AUTO CENTRE

AUTOMOTIVE TECHNICIAN

HIRING AUTOMOTIVE MECHANIC. LOOKING FOR LICENSED 310S OR 2ND YEARS APPRENTICE

WE DO ALIGNMENT
FRONT END WORK
BRAKE
GENERAL REPAIR

CONTACT CHRIS AT
647 268 3538
Email: 1530@activegreenross.com



DRAPERY MAKER

Drapery maker with at least 2 years of experience.
Wage depends on experience.

Apply in person:
12-5109 Steeles Ave West, M9L 2Y8
Phone #: **416-543-1037**

HIRING

COOK/FOOD PREP IN SCHOOL CAFETERIAS

Monday to Friday, 8:00am-1:00pm
all York region area (school cafeterias)

We are seeking reliable and experienced Cooks/Food Prep staff to join our team. The successful candidates will be responsible for preparing and serving nutritious meals to students.

Requirements:

- Experience in food preparation or cashiering is an asset
- Ability to work independently and as part of a team
- Strong communication and customer service skills

If you are a motivated and enthusiastic individual who enjoys working in a fast-paced environment, please forward your resume to:

justcateringfoods@rogers.com
Or leave message at
905-851-5100

SALES PERSON

Window covering sales person with at least 2 years of experience.
Wage depends on experience.

Apply in person:
12-5109 Steeles Ave West, M9L 2Y8
Phone #: **416-543-1037**

WELDER FOR METAL CUSTOM SHOP

Must weld stainless steel & Aluminum
Full benefits
Lawrence / Dufferin area

Call: 416-787-6182 for appointment

HEALTHCARE NEEDS YOU.

Train for a career that matters.

Get hired.

START NOW AT
choosemedix.ca



RETAIL BUTCHER

Required in Scarborough, Ontario

2-3 years experience as a Butcher

Experience in Halal Butcher Store.

Prepare special orders as per Pakistani, Indian, Bangladeshi & Sri Lankan dishes.

Can speak English & Urdu & optionally Hindi

Salary/Wage depends on experience and will be in line with compatible Salaries as butcher and Ontario wage requirements.
The Term and Benefits will be discussed.

Contact: Bombay Halal Meat
Phone: (416) 264-1614
Email: bombayhalalmeat@gmail.com



NOW HIRING

SUPERVISOR

for Hard Chrome Plating Shop with experience. Competitive pay and great benefits.
Jane/Hwy 7.

Email resume:
sales@concordhardchrome.com
or call: **905-738-7921**





Find jobs close to home

Employers are hiring general labour, restaurant staff, machine operators and more. We'll connect you; help build your resume, earn certifications in food handling and customer service and provide year-long support to help you stay employed.

Call Now
416.789.7925: Toronto
905.669.5627: Vaughan
905.459.8855: Brampton
905.567.0482: Mississauga
416.588.2240: Weston

To learn more, visit www.costi.com



aces
employment

Looking for work? We can help!

ACCES Employment provides customized job search support and targeted programs to help you reach your employment goals.

Contact us today:

📞 416 921 1800

🌐 acesemployment.ca

✉️ info@acesemployment.ca



Parents: Do you know what your teenagers are getting up to?

(NC) The teenage years are a mix of hormones, self-discovery and transitioning from childhood to adulthood. If you have teens – or soon-to-be teens – you may be feeling a sense of growing separation as they become more comfortable on their own.

The growing technology gap doesn't help that feeling, either. As any parent knows, if you need to figure out how to set up a new electronic device or debug an old one, ask a teenager. They've grown up surrounded by technology and are usually among the first to adopt new devices or tools.

They're also experts at using social media. Unfortunately, some social media content creators – or "influencers" – do questionable things to gain those all-important "likes" and "shares." And their followers often mimic their risky behaviour. For example, there's a social media challenge where people are dared to record and share videos

of something dangerous happening near a moving train or on railroad tracks.

As past generations have learned, it doesn't take social media to inspire teens to take risks. Railway tracks have been seen as quick shortcuts for young people for years. There have also been reports of people climbing onto moving trains.

There are countless dangers around tracks and trains that can lead to injuries or even death. It endangers the risk-takers as well as passengers and crews on trains. Flying debris could injure bystanders or damage property, and sparks from sudden braking can start fires.

Any of these incidents can create delays which in turn can disrupt crucial supply chains. So, if anyone sees someone on or near train tracks or railway equipment, they should contact the authorities.

Parents who are concerned that their safety advice may fall on deaf ears might find that appealing to

their teenagers' interests is more effective.

For example, if your child has shown an interest in protecting the environment, point out how passenger trains are a great way to reduce emissions, instead of people using individual cars.

Another option could be to explain how their part-time job relies on the

supply chain, which might hit home for them.

Learn more about the security of Canada's railways at tc.canada.ca/en/rail-transportation.

www.newscanada.com





YOUTH MATTERS

Employment Program for Youth



AT NO COST TO YOU

SECURITY GUARD TRAINING

- Financial Support for Eligible Participants
- Resume Preparation
- Employment Opportunities
- One-to-One Support

Eligibility

- Youth aged 18-30
- Legally entitled to work in Canada
- Unemployed
- Not enrolled in school full-time



Program Includes:

- Pre-employment Training
- 40 Hours of Security Guard Training
- CPR & First Aid Training
- Security Guard Testing & License Sponsorship
- Employment Placement & 12-weeks of Paid Training

Program Offered in Toronto, York and Peel Region.

Call or email to schedule your screening appointment
☎ 416-297-9373 ext. 221 ✉ YouthInfo@rncs.ca

Funded in part by the Government of Canada under the Youth Employment and Skills Strategy






WoodGreen Integrated Employment Services

Looking for a new job? We can help!

4 Locations in Toronto:

811 Danforth Ave. (Danforth & Pape)

219 Dufferin St. Suite 1C (Dufferin & King)

2930 Lake Shore Blvd. W. (Lakeshore & Islington)

1533 Victoria Park Ave. (Vic Park & Eglinton)



Contact us today!

☎ (416) 405-5254

✉ findajob@woodgreen.org

WOODGREEN.ORG



How to set up a mentorship program at work

(NC) From small businesses to major corporations, having a mentorship program offers many benefits. Employees get a chance to connect with leaders, develop new skills and receive tangible career advice. Meanwhile, employers get to develop promising talent.

But in 2025, the way mentorship works is changing, with a shift away from structured programs that are mentee-led. The trend towards self-directed mentorship, with employees taking the initiative to seek out a mentor and establish a connection, is growing, and offers mentees more ownership in the process.

“If I went back a decade, as an HR practitioner I probably would have seen far more HR department-organized mentoring programs,” shares Helen Davies, senior vice president of talent at TD. “In the past, the mentor was more of the one determining the relationship

or making the match. Now what we’re seeing is a shift to the mentee generating and driving the request.”

This self-directed approach has also led to the rise of mentorship networks within employee resource groups, with a focus on levelling the playing field and creating more equitable development opportunities. Employees are even forming their own mentorship and sponsorship programs.

If you’re interested in creating a mentorship program at your organization, or improving the one currently in place, check out Davies’ tips below.

Position mentorship as a core responsibility for leaders

Communicate to leaders that mentoring others is part of their accountability to employees. Set the tone from the top to reinforce accountable leadership across the organization.

Build mentorship into company culture

Encourage employees to make time in their workday for mentorship conversations, providing dedicated time and access for employees to prioritize these relationships. Reinforce that these conversations are key to their development and growth at work.

Ensure mentorship opportunities are accessible to all

To drive greater equity, organizations should evolve how they structure their mentorship programs to put greater emphasis on tapping into diverse voices.

www.newscanada.com



Improve your oral health in two simple steps

(NC) We all know on some level how important our oral health is to our overall well-being. But the truth is, most of us are also balancing so much that it's easy to let things slide. Maintaining an oral hygiene routine within a busy lifestyle can be challenging, so start off simple with these two crucial habits:

Stay hydrated

Your saliva does more to keep you healthy than you might think. It helps wash your teeth and gums through the day and can even neutralize the acids that bacteria produce. It also contains minerals that help keep your teeth healthy, like calcium and fluoride.

But when you're dehydrated, your saliva production drops, and you lose all those benefits. Dry mouth can even lead to worse things than

bad breath: it increases your risk of mouth infections, sores and tooth decay. Make sure to drink plenty of water throughout the day; your mouth and your whole body, will thank you for it.

Stay proactive

Remember, an ounce of prevention is worth a pound of cure. Regular cleanings and checkups can head off small problems before they become real threats. Plan a dentist visit every six months and make it easier for yourself by booking your next visit on your way out of the dentist's office.

Prevention makes a difference at the bathroom sink, too. Consider using a toothbrush, toothpaste and mouthwash combo that's formulated to fight bacteria, like Colgate Total Active Prevention

System. When used together twice daily, the system fights the root cause of common oral health issues such as gingivitis, plaque and tartar. Remember to floss once a day to get a more effective clean and further disrupt harmful germs.

Learn more tips to care for your oral health at colgate.ca.

www.newscanada.com



LOCAL HELP WANTED

IN PRINT AND ON-LINE • JOBS • EDUCATION • TRAINING • CAREERS



TERMS & CONDITIONS. Local Help Wanted does not provide an "Exclusive" clause in the agreement to run any advertising. Special positioning of ads cannot be guaranteed, all ads are situated at the discretion of the publisher. Local Help Wanted assumes no responsibility for any product or service reported or advertised and will not knowingly publish any editorial content or advertisement which is illegal or in any way misleading to its readers. Local Help Wanted reserves the right to classify all advertising. Contents of this publication, both in hard copy format and on-line digital format, are covered by copyright law and offenders will be prosecuted. The publisher assumes no financial liability for typographical errors or omissions. All claims of error and/or omission must be made by Tuesday 5:00 pm prior to the week of the next publication and if not made, shall not be considered. No claims will be accepted for errors not affecting the advertisements value.

COPYRIGHT NOTICE. All copyright and other intellectual property rights in the contents hereof are the property of LocalHelpWanted.ca unless otherwise credited, and not that of the individual client. The client has purchased the right of reproduction in LocalHelpWanted.ca and does not have the right to reproduce the ad and or image in any other place or publication without the previous written consent of LocalHelpWanted.ca.



4 ZONES of COVERAGE



YORK REGION

DURHAM REGION

TORONTO WEST

TORONTO EAST / CENTRAL

www.localhelpwanted.ca
rates@localhelpwanted.ca

Advertising doesn't have to be expensive...

just EFFECTIVE!

Copyright © 2025 Local Help Wanted. All Rights Reserved.



Strides
TORONTO

Helping children, youth and families thrive.

We offer community, autism, developmental and mental health support, services and referrals in Toronto's east end.

We are committed to serve the diverse population of Toronto and encourage employment applicants from the full diversity of the community.



Join Our Team of Skilled Professionals Today!

Scan the QR code to learn more about current opportunities and start your application with us.



Find jobs close to home

Employers are hiring **general labour, restaurant staff, machine operators** and more. We'll connect you; help build your resume, earn certifications in food handling and customer service and provide year-long support to help you stay employed.

Call Now

416.789.7925: Toronto

905.669.5627: Vaughan

905.459.8855: Brampton

905.567.0482: Mississauga

416.588.2240: Weston

To learn more, visit www.costi.org



Top 10 tips to prevent car theft

NC) Car theft is on the rise and costs Canadians more than \$1 billion annually.

Car thieves are prioritizing easy marks – convenient, low-risk opportunities to steal. By making it inconvenient, you can protect yourself against vehicle theft. Here are 10 simple precautions recommended by Co-operators to help ensure your vehicle is waiting for you when you step outside.

1. Make sure your vehicle isn't left running unattended, even for just a few minutes.
2. Make sure to lock your vehicle and close the windows.
3. Keep your keys or keyless fob away from doors and windows. If your car has a keyless ignition, use a Faraday bag that blocks the signal from your key fob and prevents it from being hacked by thieves to gain entry to your vehicle.

4. Use after-market deterrents such as steering-wheel or brake-pedal locks, or alarm systems.
5. Add a vehicle tracking device.
6. Talk to your mechanic about installing an immobilizing device to prevent hotwiring.
7. Park in well-lit, populated areas or in secured garages.
8. Don't keep personal identification or valuables in your vehicle. Ensure your possessions are stowed out of sight and in your trunk if you are away from home.
9. Before purchasing a vehicle, do some research and request all required documentation from the seller. If a deal feels too good to be true, be sure to listen to your instincts. Wait to get the verification you need before proceeding.

10. To avoid theft while selling your vehicle, ensure you meet in a safe, well-lit, third-party location such as a busy parking lot or outside your local police precinct. When it's time to receive payment, do so at a physical bank so you can verify the payment method used.

theft prevention through your insurance advisor or at cooperators.ca. Depending on what vehicle you drive, and what theft prevention steps you take, you might even be able to secure a discount on your premiums.

www.newscanada.com

Find more information about car





LEARN AI
CYBER SECURITY
MEDICAL & HEALTH

FOR FREE IF QUALIFIED!

- **BE JOB READY IN AS LITTLE AS 10 MONTHS!**

*CONDITIONS APPLY.

(416) 489-8946 / (437) 223-4505
STUDY@THECANADIANCOLLEGE.CA
705 PROGRESS AVE, UNIT 108, TORONTO

6 ways to start and stick to a fitness routine

(NC) Starting and sticking to realistic fitness goals can transform your health and well-being. The key is to begin with clear, achievable goals and create a plan that fits into your lifestyle. Here's how to do it:

Set specific goals

Large and vague goals can quickly become daunting. Instead, set clear objectives and break them down into manageable milestones. For example, steer clear of aims such as 'be healthier' and 'get fit' and instead set specific targets such as running 5 kilometers without stopping or being able to do 50 push-ups in a row.

Make it convenient and enjoyable

When it comes to sticking to a fitness routine, convenience and enjoyability are important. Creating an at-home workout space will help keep you on target and allow you to incorporate fitness into your day without a commute and with

minimal costs. Invest in equipment that is conducive to your goals and that you find enjoyable to use. This doesn't need to be costly - online marketplaces such as Temu offer a variety of budget-friendly workout equipment, from weights, to skipping ropes, workout mats and more.

Create a schedule

As with anything, consistency is key. Set aside specific times for your workouts, block them out on your calendar and treat them as non-negotiable appointments.

Track your progress

Keep a journal or use a fitness planner to track your workouts and progress. This not only keeps you accountable but also motivates you by showing how far you've come.

Make it social and fun

Working out doesn't have to be limited to the gym. Diversify your

fitness routine by signing up for recreational sports or grab some friends and gear and try out a new one. You don't have to break the bank on equipment though, you can find affordable gear such as frisbees, pickleball rackets or portable badminton sets online at places like Temu.

Stay flexible

Life can be unpredictable. If you miss a workout, don't give up. Adjust your plan as needed and keep going.

www.newscanada.com



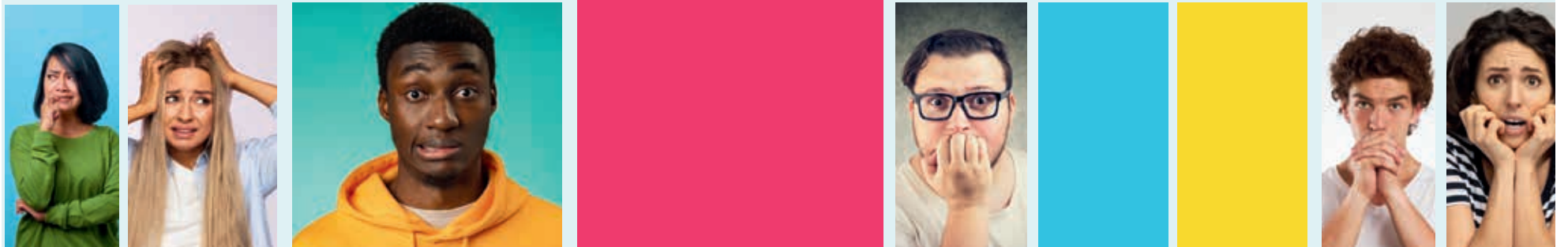


TAKE PART IN A
Clinical Research Study
Nicotine Replacement Products



Qualified participants are eligible to receive up to \$3,425.

CONTACT US TO LEARN MORE
(905) 282-1808
atcliantha.com



TORONTO SKILLS & EMPLOYMENT CONNECTIONS

EMPOWERING JOB SEEKERS
Providing Employment Services

Contact Us Now!
Call: **416-750-9207**
Email: **info@employ-connect.com**



Canada  EMPLOYMENT ONTARIO  Ontario 

This Employment Ontario program is funded in part by the Government of Canada and the Government of Ontario.

GET A SECURITY JOB NOW!!!

LIVE CLASSROOM INSTRUCTION!

Ministry required Security Guard course: In-class \$269 includes First Aid Defensive Tactics & Handcuffing or On-line \$89 - does not include First Aid

Guaranteed to pass the Ministry Exam or you may retake the course for free.

JOB GUARANTEE.



PRIVATE INVESTIGATOR COURSE \$499

Call and book your appointment **416.750.4747**

www.centreforsecurity.com

Centre for Security Training & Management Inc.



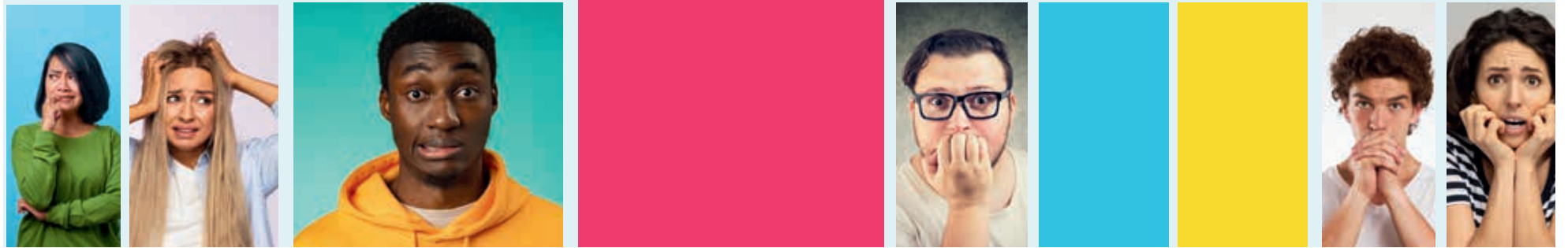
TAKE PART IN A
Clinical Research Study
Nicotine Replacement Products

cliantha[®]
research



Qualified participants are eligible to receive up to \$3,425.

CONTACT US TO LEARN MORE
(905) 282-1808
atcliantha.com



YOUTH MATTERS

Employment Program for Youth



Program is provided at NO Cost to You!

 <p>Pre-Employment Training</p> <ul style="list-style-type: none"> • Resumes • Job Search Support • Mock Interviews 	 <p>Financial Support</p> <ul style="list-style-type: none"> • Living Allowance • Short-Term Training • Certifications 	 <p>Employment Opportunities</p> <ul style="list-style-type: none"> • Job Development • Employer Outreach • Job Retention
--	---	--



Eligibility:

- Youth aged 15-30
- Legally entitled to work in Canada
- Unemployed
- Not enrolled in school full-time



Contact Us!

☎ 416-297-9373 ext. 221

✉ YouthInfo@rncs.ca

Program Offered in Toronto, York and Peel Region.

Funded in part by the Government of Canada under the Youth Employment and Skills Strategy






WoodGreen Integrated Employment Services

Looking for a new job? We can help!

4 Locations in Toronto:

- 811 Danforth Ave. (Danforth & Pape)
- 219 Dufferin St. Suite 1C (Dufferin & King)
- 2930 Lake Shore Blvd. W. (Lakeshore & Islington)
- 1533 Victoria Park Ave. (Vic Park & Eglinton)

Contact us today!

☎ (416) 405-5254 ✉ findajob@woodgreen.org



WOODGREEN.ORG



Page 12

May 3, 2025 – June 7, 2025