

**PROGRESS CAREER PLANNING INSTITUTE**

*Your settlement  
and employment  
advantage*

## **Culinary Training for Newcomer Women**

A 12-week on-line culinary program with an opportunity to network with peers in the community while you experience Canadian and ethnic cooking.

**DATE:**

Starting from  
January 18th, 2022  
Each Tuesday and  
Thursday

**TIME:**

10:00am to 11:30pm

**LOCATION:**

Online via ZOOM



You will learn basic culinary art techniques, food safety, nutrition and food recipes from a qualified instructor as well as from other program participants

To be eligible for this program you should be 17 years or older and Permanent Resident or Convention Refugee

**For more information, call 416-261-0389 or  
Email: [fernandes@careerplan.net](mailto:fernandes@careerplan.net)**