

# Life Skills



**Do you want to learn a variety of helpful skills? Join our workshop to learn and practice essential life skills and gain practical knowledge for thriving in your community. Topics include: emergency preparedness, budgeting, cooking, hand-sewing, cleaning, self-care, and more!**

## **Time & Dates:**

Tuesdays, 6:00pm - 8:00pm  
April 9 - June 11

## **Eligibility**

Eligible participants are:

- Permanent Residents
- Ukrainian refugees (on CUAET or similar special program status for Ukrainians)

## **Location:**

ICA (808 Douglas Street, Victoria)  
Classroom 426

## **To register or for more information, please contact:**

Salma Ihsan, Training Coordinator  
workshops@icavictoria.org  
250-388-4728 ext. 2199

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada



Inter-Cultural  
Association  
of Greater Victoria

