

# Newcomer Youth Leadership Development Program

## MARCH 2025 CALENDAR



**MAR 3**  
4:30PM-7PM

### Recreation Job Training + CPR and First Aid

NYLDs Recreation Job Training prepares youth for employment opportunities in Recreation. The training will cover: Child Development, Recreation Games & play, and Employment Readiness. Participants will be guaranteed a spot in First-Aid/CPR-C training.

**MAR 5**  
4:30-6PM

### Social Media Literacy

Join NYLD for an in-depth look at how to be safe on social media including how to verify information is real, how to share information, and steps to take to handle different issues.

**MAR 10, 11**  
10AM-4PM

### CPR and First Aid

As part of the NYLD Recreation Training, participants will attend First-Aid/CPR-C sessions which will prepare youth for handling medical emergencies on the job. This 2 day training will train youth to: respond to emergencies appropriately, manage injuries and perform life saving techniques like CPR. Please email us for more information.

**MAR 12**  
4:30PM-6PM

### Taxes and Financial Literacy

Focusing on understanding income taxes, managing personal finances, and budgeting, this session is designed to provide youth the knowledge to make informed financial decisions and plan for their future.

**MAR 17**  
4:30PM-6PM

### Crafting and Mental health

With Spring around the corner, it's time to get crafty and focus on your well-being. Join NYLD for an after-school session to discuss mental health while unleashing your creativity through crafts and art.

**MAR 19**  
4:30PM-6PM

### OSAP and Scholarship Literacy

NYLDs OSAP session will help youth learn more about what OSAP is, how to apply and how to use other tools like Scholarships to pay for post-secondary. This is suitable for all youth whether you are graduating, applying or still deciding your next opportunity!

**MAR 25**  
6PM-7PM

### Volleyball - Youth Led Sessions

Join our youth-led volleyball session where youth can gain volunteer hours, hone their skills, and build teamwork and leadership skills all while having fun.

**MAR 26**  
4:30PM-6PM

### Employment Literacy

Want to learn more about employment like how to talk about your skills, how to ace an interview or where to look for job opportunities? Come to our Employment Literacy session where we will talk about the language and art of job applications, interviews and the workplace!

**To register and for more information,**  
please call, text, email, or send us a WhatsApp/Instagram message

 343-999-2067 or 613-851-3300 |  [nyld@ymcaottawa.ca](mailto:nyld@ymcaottawa.ca) |  @nyldottawa