



## About

We work with women, girls, non-binary, and gender diverse individuals in rebuilding their lives through innovative programs that support access to employment and education.

At Elizabeth Fry Society of Mainland Nova Scotia, our hope is to foster a world where all who experience or who have experienced criminalization are provided the necessary supports to thrive and become who they want to be.

## Employment & Education Services



## 1:1 Support

### Types of services

We offer one-on-one support for anyone looking to:

- Return to school or pursue education goals
- Find a job, keep a job, or explore self-employment

No matter where you're starting from, we meet you where you're at—offering practical tools, skill-building, and encouragement to help you move forward with confidence.

Appointments are flexible: in-person, virtual, or by phone. Whatever works best for you.



## Employment Program

Our employment program (certificate) is designed to help you build confidence as you enter or re-enter the workforce. It guides you through every stage from job searching to maintaining employment—while connecting you with local resources and support.

The program includes 6 modules and can be completed one-on-one or in a group, depending on your needs.

### How do I enroll?

You can use one of the below methods to book an intro meeting with Taylor, Employment & Education Coordinator:

Email:  
employment@efrymns.ca,  
Phone/text: 782.409.9960  
QR Code:



### Skills and Career Exploration

This session covers how to identify your skills (hard and soft) and the foundations of career exploration.

### Time Management and Budgeting

This session covers time management techniques, offers resources to assist you, and provides the basics of budgeting.



### Teamwork and Workplace Conflict

This session covers the topic of working with others in the workplace and how to navigate through conflict.

### Resumes and Cover Letters

This session covers the basics of resumes and cover letters and provides time to work on it and get live feedback.

### Interviews

This session covers how to succeed in interviews and includes a practice interview opportunity.

