

ROMA FENCE
BOLTON

NOW HIRING

Automation Gate
Technician/Gate Installer

Outside Sales
Representative

Apply By Email
hr@romafencegroup.com

DOCTOR CAR WASH

JOIN OUR TEAM!
Hiring Car Wash Attendants

Training Provided
Full Time Positions*
Monday to Saturday 9 to 5
G2 or G Drivers Licence Required

Text, Call, Email or Apply in Person to Learn More
647-704-4432
doctorcarwashcanada@gmail.com
862 York Mills Road

Greater Toronto **EMPLOYMENT ONTARIO**

FINDING A JOB JUST GOT EASIER

5637 Finch Ave, E, Unit 5
416-335-5490
600-Milner Business Court
416-609-9622
ymcagta.org/findwork

Crupi Group

JOIN US! WE'RE HIRING!

Exciting opportunities - Asphalt Paving & Grinding Crew Operators & Labourers for road construction projects in the GTA and surrounding areas.

OPPORTUNITIES FOR:

- Paver Operators & Screed Operators/Tail Enders
- Roller Operators
- Grinder Operators
- Grinder Foreperson
- Dozer Operators
- Grader Operators
- Traffic Control/Flag Personnel
- Construction Surveyors
- Many other construction positions available

QUALIFICATIONS:

- Work Experience in Paving/Construction Industry an Asset
- Valid Driver's License with a clean & current driver's abstract

Please Call or Email Resume:
416-291-1986 | careers@crupigroup.com

LOCAL HELP WANTED

EAST / CENTRAL TORONTO

JOBS AND CAREER TRAINING

Vol. 15 - ISSUE 04

www.localhelpwanted.ca

Apr. 6, 2024 - May 4, 2024

For Advertising Information Call 905.420.4123 or 416.779.2523 e-mail: rates@localhelpwanted.ca

FREE

CABINET MAKER

Custom Furniture Manufacturer located in the Yorkdale area looking for a full time, experience cabinet maker with vast knowledge and proven experience with veneers and solids to lead employees. We offer competitive wages and a group benefit package.

Call: 416-787-6182
Fax: 416-787-2336

CARPENTER

Minimum 5 years experience

High rise condominiums

Union Company

Contact Pat: **647-355-0847**

KEAR FABRICATION INC.

North York fabrication co. is hiring for **Full Time Welders**
Must be reliable, a team player & physically fit.
Welders starts at \$25/hr.
Please apply in person or call
416-398-8666
27 Vanley Crescent, North York

PROJECT MANAGER

Painting, Staining & Pressure Washing

APPLY NOW
ForestViewStaining.com/Apply

OR send your resume to
info@ForestViewStaining.com

LANDSCAPE CONSTRUCTION LABOURERS

Required for Spring 2024, to plant trees, shrubs, flowers, prepare/lay sod, prepare/lay interlocking stone.

All applicants must have transportation to yard in Etobicoke.

Wages based on level of experience.

Drivers license with clear abstract required.

Past experience in commercial landscape construction an asset.

Call: 905-850-8721

GET A SECURITY GUARD JOB NOW

****LIVE CLASSROOM INSTRUCTION****

Ministry required Security Guard course:
In-class \$249 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

Are you unemployed, laid off, on ODSP, on Ontario Works, a new immigrant or self employed?

You may be eligible for UP TO \$28,000 in government grants to enhance your skills

Are you visiting Canada? You may qualify to study and work in Canada

We Offer:

- Early Childcare Assistant
- Graphic, Web Design & Digital Marketing
- IBM Finance (ATT)
- Accounting & Payroll
- Comp Acc w/ Office Admin
- Business Admin
- Supply Chain & Logistics Management
- Medical & Health Office Admin
- PC Support Technician
- Systems Admin (Unix/Linux/Cloud/Big Data)
- DB Admin & Big Data Predictive Analytics
- IT Support & SW QA
- Network LAN/WAN Admin
- Enterprise Linux Admin
- Systems Administrator - Cloud
- Cisco and Red Hat Engineering
- Data Science & AI
- ERP IS Technical Consultant
- Enterprise IT Management
- Cyber Security with AI
- Internet of Things (IoT) Technology
- Machine Learning & AI

Online Classes Available • Corporate Training Available

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

Total Gardening and Landscaping Ltd

FULL TIME DRIVERS
Experienced in Landscaping

- Company based in Finch & Leslie area.
- Duties include: lawn, hedge, flower bed maintenance, spring and fall clean-ups, and snow removal.
- Competitive rate based on skill level
- Must have G license with driving experience in Canada
- Clean Abstract required to drive Pick up Truck.

Call Joe or Anna:
416-226-6705
or send resume to:
total.gardening.landscaping@gmail.com

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

GET A SECURITY JOB NOW!!!

LIVE CLASSROOM INSTRUCTION!

Ministry required Security Guard course: In-class \$249 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.

Centre for Security Training & Management Inc.

PRIVATE INVESTIGATOR COURSE \$499

Call and book your appointment **416.750.4747**

www.centreforsecurity.com





Are you looking for a new job? WoodGreen can help!

We offer one-on-one employment counselling; job search skills workshops; and much more. Visit one of our Employment Services locations or contact us to get started.*

Locations in Toronto:

- 815 Danforth Ave. Suite 100
- 219 Dufferin St. Suite 1C
- 2930 Lake Shore Blvd. W.
- 650 Queen St. E.
- 1533 Victoria Park Ave.

Contact us today!

📞 416-405-5254

✉ findajob@woodgreen.org



woodgreen.org

*Must be eligible to work in Canada (International Students & Foreign Workers not eligible for assisted services)





COSTI

At COSTI, we're committed to making your career dreams a reality! Here's how we can help:

- Career Counseling:** Personalized guidance to navigate your career journey.
- Job Search Support:** Assistance in finding the perfect job opportunities.
- Resume Building:** Crafting resumes that stand out to potential employers.
- Interview Prep:** Sharpen your interview skills to impress recruiters.
- Skills Training:** Enhance your abilities through specialized training programs.

We collaborate with employers to match your talents to job opportunities. Contact us Today!

Brampton: 905-459-8855 or bramptonemployment@costi.org

Mississauga: 905-567-0482 or mississaugaemployment@costi.org

Toronto: 416-789-7925 or torontoemployment@costi.org

Vaughan: 905-669-5627 or vaughanemployment@costi.org

Weston: 416-588-2240 or westonemployment@costi.org

www.COSTI.org







Are you unemployed, laid off, on ODSP, on Ontario Works, a new immigrant or self employed?

You may be eligible for

UP TO **\$28,000** in government grants

to enhance your skills

Are you visiting Canada?

You may qualify to study and work in Canada





Register today!



Check out our programs



Learn more

We Offer:

- Early Childcare Assistant
- Graphic, Web Design & Digital Marketing
- IBM Finance (ATT)
- Accounting & Payroll
- Comp Acc w/ Office Admin
- Business Admin
- Supply Chain & Logistics Management
- Medical & Health Office Admin
- PC Support Technician
- Systems Admin (Unix/Linux/Cloud/Big Data)
- DB Admin & Big Data Predictive Analytics

- IT Support & SW QA
- Network LAN/WAN Admin
- Enterprise Linux Admin
- Systems Administrator - Cloud
- Cisco and Red Hat Engineering
- Data Science & AI
- ERP IS Technical Consultant
- Enterprise IT Management
- Cyber Security with AI
- Internet of Things (IoT) Technology
- Machine Learning & AI

Online Classes Available • Corporate Training Available

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



EMPLOY - ABILITY

EMPLOYMENT PROGRAM TO SUPPORT WORKPLACE DIVERSITY

CONTINUOUS INTAKE



Program Description

- ✓ Employment & Essential Skills Focused Workshops
- ✓ Resume & Cover Letter Development
- ✓ Job Search Guidance & Interview Preparation
- ✓ Work Opportunities with Employers
- ✓ Job Retention Supports
- ✓ Access to Vocational & Work-based Assessments
- ✓ Assistance to Access Career Specific Training

Program Benefits

- ✓ Job Development Support
- ✓ Access to Equal Opportunity Employers; Workplace Accommodations
- ✓ Financial Supports
- ✓ Career Planning & Goal Setting
- ✓ Motivational Counselling
- ✓ Enhance your Employability
- ✓ Employment Supports to Launch Your Career

Eligibility

- ✓ Identify as having a Disability
- ✓ Legally entitled to work in Ontario
- ✓ Canadian Citizen, Permanent Residents or Persons Granted Refugee Status

TO FIND OUT MORE & SET UP A SCREENING APPOINTMENT

Call 416-297-9373 Ext. 243

Email to employability@rncs.ca

Fax to 416-297-5611

Funded in part by the Government of Canada



www.rncemploymentservices.ca



access employment

Looking for work?

We can help!

ACCES provides free job search support.

Contact us today to get started.

acesemployment.ca

416.921.1800

ISSUE 04 - April 6, 2024 – May 4, 2024

Page 3

THE STAFFING
CONNECTION

Fill the Gap



LOOKING
FOR
WORK?

GIVE YOUR
CAREER A LIFT!
NOW HIRING FORKLIFT
OPERATORS

3+ Years Experience Preferred



resumes@thestaffngconnection.ca

289-312-5811

Crupi
Group

JOIN US!
WE'RE HIRING!

Exciting opportunities - Asphalt Paving & Grinding Crew Operators & Labourers for road construction projects in the GTA and surrounding areas.

OPPORTUNITIES FOR:

- Paver Operators & Screed Operators/Tail Enders
- Roller Operators
- Grinder Operators
- Grinder Foreperson
- Dozer Operators
- Grader Operators
- Traffic Control/Flag Personnel
- Construction Surveyors
- Many other construction positions available

QUALIFICATIONS:

- Work Experience in Paving/Construction Industry an Asset
- Valid Driver's License with a clean & current driver's abstract

Please Call or Email Resume:

416-291-1986 | careers@crupigroup.com



TORONTO INSTITUTE OF
PHARMACEUTICAL TECHNOLOGY

PHARMACEUTICAL
CAREER,
YOURS TO
DISCOVER!

BECOME A
PHARMACEUTICAL
TECHNICIAN



Register now at

416-296-8860

or visit

TIPT.COM

EXPERIENCED
LANDSCAPER NEEDED

Year round, full-time position available for candidate with experience in landscape construction and snowplowing/salting on commercial sites. Requires ability to read blueprints, identify plant material, knowledge of planting trees, shrubs and flowers, preparing/laying sod and preparing/laying interlocking stone and armour stone. Requires knowledge of grading with and without a machine for interlocking stone, retaining walls and sodding. Must be able to operate skid steer and excavator. Must have experience snowplowing and salting with truck; and have a valid A drivers licence with clean abstract. Knowledge of equipment maintenance an asset. Transportation to yard in Etobicoke essential. Good pay with benefits.

We would accept calls or interest from candidates not fully qualified, but have most of the requirements we are looking for.

Call: 905-850-8721

Page 4

ISSUE 04 - April 6, 2024 – May 4, 2024



DOCTOR CAR WASH

JOIN OUR TEAM!

Hiring Car Wash Attendants

Training Provided
Full Time Positions*

Monday to Saturday 9 to 5
G2 or G Drivers Licence Required



Text, Call, Email or Apply in Person to Learn More

647-704-4432

doctorcarwashcanada@gmail.com
862 York Mills Road

LANDSCAPE CONSTRUCTION LABOURERS

Required for Spring 2024, to plant trees, shrubs, flowers, prepare/lay sod, prepare/lay interlocking stone.

All applicants must have transportation to yard in Etobicoke.

Wages based on level of experience.

Drivers license with clear abstract required.

Past experience in commercial landscape construction an asset.

Call: 905-850-8721

CABINET MAKER

Custom Furniture Manufacturer located in the Yorkdale area looking for a full time, experience cabinet maker with vast knowledge and proven experience with veneers and solids to lead employees. We offer competitive wages and a group benefit package.

Call: 416-787-6182

Fax: 416-787-2336

KEAR FABRICATION INC.

North York fabrication co. is hiring for

Full Time Welders

Must be reliable, a team player & physically fit.

Welders starts at \$25/hr.

Please apply in person or call

416-398-8666

27 Vanley Crescent, North York

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

CARPENTER

Minimum 5 years experience

High rise condominiums

Union Company

Contact Pat: 647-355-0847



Crupi Group

Exciting Opportunities for 310T TRUCK & COACH MECHANICS

RESPONSIBILITIES & QUALIFICATIONS:

- Must be a registered licensed mechanic through Skilled Trades Ontario or Red Seal Certified.
- Must have the skillset to diagnose and carry out repairs efficiently.
- Comfortable working on both heavy duty construction equipment and trucks.
- Experience fabricating/welding would be an asset.
- Possess a valid G class driver's license, as some travel to jobsites is required.
- Possession of a DZ/AZ license an asset.

Shop Location:
70 Passmore Avenue
Scarborough, ON. M1V 4T1

Please Call or Email Resume:
416-291-1986
careers@crupigroup.com

PROJECT MANAGER

Painting, Staining & Pressure Washing

APPLY NOW

ForestViewStaining.com/Apply

OR send your resume to

info@ForestViewStaining.com

Total Gardening and Landscaping Ltd

- **FULL TIME DRIVERS**
- Experienced in Landscaping
- Company based in Finch & Leslie area.
- Duties include: lawn, hedge, flower bed maintenance, spring and fall clean-ups, and snow removal.
- Competitive rate based on skill level
- Must have G license with driving experience in Canada
- Clean Abstract required to drive Pick up Truck.

Call Joe or Anna:

416-226-6705

or send resume to:

total.gardening.landscaping@gmail.com

ROMA FENCE

BOLTON

NOW HIRING

Automation Gate Technician/Gate Installer

Outside Sales Representative

Apply By Email

hr@romafencegroup.com

GET A SECURITY GUARD JOB NOW

****LIVE CLASSROOM INSTRUCTION****

Ministry required Security Guard course:
In-class \$249 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

JOBS! JOBS! JOBS!

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

Are you unemployed, laid off, on ODSP, on Ontario Works, a new immigrant or self employed?

You may be eligible for

UP TO \$28,000

in government grants
to enhance your skills

We Offer:

- Early Childcare Assistant
- Graphic, Web Design & Digital Marketing
- IBM Finance (ATT)
- Accounting & Payroll
- Comp Acc w/ Office Admin
- Business Admin
- Supply Chain & Logistics Management
- Medical & Health Office Admin
- PC Support Technician
- Systems Admin (Unix/Linux/Cloud/Big Data)
- DB Admin & Big Data Predictive Analytics
- IT Support & SW QA
- Network LAN/WAN Admin
- Enterprise Linux Admin
- Systems Administrator - Cloud
- Cisco and Red Hat Engineering
- Data Science & AI
- ERP IS Technical Consultant
- Enterprise IT Management
- Cyber Security with AI
- Internet of Things (IoT) Technology
- Machine Learning & AI

Are you visiting Canada?
You may qualify to study and work in Canada



Register today!

Check out our programs

Learn more

Online Classes Available • Corporate Training Available

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

AJAX NISSAN PARTS ADVISOR

Ajax Nissan is a proud member of Drive Auto Group and is currently seeking a Parts Advisor to join our growing team.

Responsibilities:

- Promptly meeting and greeting parts customers
- Supplying parts & accessories to real customers
- Efficiently providing parts to Technicians for vehicle repair/maintenance
- Shipping & receiving parts and obtaining payment authorizations
- Performing other tasks as requested by management.

Qualifications:

- High School diploma or equivalent
- Valid Ontario Drivers license & clean drivers abstract
- Managing customer complaints & resolve conflicts

Call: Winston Baldeo 905-686-0555 Ext 3243
Or email resume to Winston@ajaxnissan.com



Recurring sinus infections can be frustrating and painful!

TAKE PART IN A
Clinical Research Study

Qualified participants may receive up to \$650.

CONTACT US
905-282-1808
atcliantha.com

SCAN ME





Are Canadians saving enough for retirement?

(NC) It’s a question on a lot of people’s minds: “How much do I need to retire?”

The answer is, of course, “it depends.” How long will you live? How comfortable do you expect to be? And what kind of care will you require?

The Canadian Institute of Actuaries conducted a survey in partnership with Ipsos to get a clearer picture of how we answer these questions. Here is some of what they discovered.

How much do you need to retire?

The amount is different for everyone, but as a starting point for discussion, actuaries calculated that someone retiring at age 65 would need approximately \$900,000 in savings to earn \$50,000 in annual retirement income. That’s assuming 2 per cent inflation and a 3.5 per cent post-retirement rate of return for 20 years.

So, how much are we actually saving?

The survey found that more than one in four Canadian retirees have \$50,000 or less in savings and investments. About the same number report having saved between \$250,000 and \$1 million, with only a small fraction having saved more than that.

How long will your savings need to last?

Canadians are living longer than ever. Most Canadians are taking steps to manage their health. This, along with advances in modern medicine, is likely contributing to even longer life expectancy. While this is generally a good thing, it also makes it more likely you will outlive your income in retirement, so you may need to adjust your savings.

What kind of care will you require?

Only a small fraction of us feel

like we are likely to need access to a long-term care facility or nursing home in our lifetime. In reality, three-quarters of those who live beyond age 85 will need access to these facilities.

Having a plan is important. For a variety of reasons, the majority of Canadians do not have a financial plan for their retirement. If you are in this group, consider giving

it some thought and speaking to a financial planner. Your future self may thank you.

You can learn more about Canada’s actuaries and their areas of expertise at cia-ica.ca.

www.newscanada.com





EMPLOY - ABILITY

EMPLOYMENT PROGRAM TO SUPPORT WORKPLACE DIVERSITY

CONTINUOUS INTAKE



Program Description

- ✓ Employment & Essential Skills Focused Workshops
- ✓ Resume & Cover Letter Development
- ✓ Job Search Guidance & Interview Preparation
- ✓ Work Opportunities with Employers
- ✓ Job Retention Supports
- ✓ Access to Vocational & Work-based Assessments
- ✓ Assistance to Access Career Specific Training

Eligibility

- ✓ Identify as having a Disability
- ✓ Legally entitled to work in Ontario
- ✓ Canadian Citizen, Permanent Residents or Persons Granted Refugee Status

Program Benefits

- ✓ Job Development Support
- ✓ Access to Equal Opportunity Employers; Workplace Accommodations
- ✓ Financial Supports
- ✓ Career Planning & Goal Setting
- ✓ Motivational Counselling
- ✓ Enhance your Employability
- ✓ Employment Supports to Launch Your Career

TO FIND OUT MORE & SET UP A SCREENING APPOINTMENT

Call 416-297-9373 Ext. 243

Email to employability@rncs.ca

Fax to 416-297-5611

www.rncemploymentservices.ca

Funded in part by the Government of Canada





VOLUNTEERS NEEDED

Monday - Saturday
Drivers, Kitchen, Food Bank, and Warehouse Support!

Register to Volunteer at scarboroughfoodsecurityinitiative.com/volunteer



Scan the QR code to sign up!

PICOV'S FURNITURE

in Pickering requires

GENERAL LABOURERS

UPHOLSTERERS

SALES PERSON

Call Mr. Perry
905-831-6040



At COSTI, we're committed to making your career dreams a reality! Here's how we can help:

Career Counseling: Personalized guidance to navigate your career journey.

Job Search Support: Assistance in finding the perfect job opportunities.

Resume Building: Crafting resumes that stand out to potential employers.

Interview Prep: Sharpen your interview skills to impress recruiters.

Skills Training: Enhance your abilities through specialized training programs.

We collaborate with employers to match your talents to job opportunities. Contact us Today!

Brampton: 905-459-8855 or bramptonemployment@costi.org

Mississauga: 905-567-0482 or mississaugaemployment@costi.org

Toronto: 416-789-7925 or torontoemployment@costi.org

Vaughan: 905-669-5627 or vaughanemployment@costi.org

Weston: 416-588-2240 or westonemployment@costi.org

www.COSTI.org





Why your auto insurance premium is so high

(NC) An increase in the cost of auto insurance can be frustrating, especially if you haven't had any accidents. There are a number of factors that impact how much premium you pay, according to Aviva Canada. Some are external marketplace pressures that customers don't control and others are customers' unique circumstances.

Cost of a new car

New car prices have soared since the pandemic, partly because advanced technologies have also made vehicles more expensive to replace. Insurance premiums reflect the value of your car.

Cost of repairing a car

The cost and time to repair a car has increased. Global supply chain issues continue, making it difficult to get parts. Inflation has also driven up the cost of parts and labour to repair. All these have an impact on your insurance premium.

Auto theft

A car is stolen every five minutes. Rampant vehicle thefts by organized crime drive up premium costs for all Canadians.

Adding drivers or another vehicle to your policy

Adding other drivers, a new driver, or drivers under 25 years of age to your existing insurance policy may also cause your insurance premium to increase.

If you add a car onto your policy or replace an existing car with a newer one that costs more to replace or repair, your insurance premium may go up.

Poor driving record

If you have multiple driving infractions such as speeding or stunt driving, your insurance rates will go up as you're perceived to be at a greater risk for collisions. If you get into an at-fault accident, you'll lose the accident-free discount most insurers offer. And your rates will rise the more at-fault accidents

you're involved in.

Missed discounts

If you have multiple insurance products with one provider, they usually offer you a bundled discount. They might also offer a lower rate if you opt for a higher deductible for example. Look into what discounts you might qualify for.

Not taking advantage of telematics

Many auto insurers offer their

customers discounts if they sign up for telematics. These are apps on your phone that score you on driving behaviour. Safe drivers can benefit from lower insurance rates and rewards for driving carefully.

Learn more about insurance costs and coverage, and how to save, at aviva.ca.

www.newscanada.com



5 ways for busy parents to tackle stress

(NC) Whether you're expecting your first little one, have rambunctious toddlers running around or you're smack-dab in the middle of those tough teenage years, parenting is full of memorable milestones, fun celebrations – and plenty of stress. Since stress wreaks havoc on the mind and body, it's important to develop habits that help you and your growing family thrive.

Here are five healthy habits you can start working towards:

Make appointments for self-care

You're probably managing a busy family calendar, full of well-baby checkups, hockey games, dance recitals and Sunday dinners with grandparents. Focus on your own needs by scheduling them like you would any other appointment – even if it's simply showering alone with the bathroom door closed.

Unwind in your own way

Go for a walk, do some yoga,

meditate, take an Epsom salt bath, try some deep breathing, dance it out, watch reality TV – you name it. Do something every day to help you unwind. According to a recent survey, nearly half of Canadians didn't realize stress can affect their gum health. If you're experiencing gum bleeding and inflammation, take a gum health quiz at colgate.ca and consider adding a daily toothpaste such as Colgate PerioGardSF to your shopping list; it's a daily toothpaste that fights bacteria that can cause early gum disease.

Prioritize sleep

When is the last time you took a good look at your sleep hygiene? Create a sleep goal, design a relaxing routine, ditch the blue light and be consistent.

Eat meals together

You won't feel like a short-order cook and there's more space for real connection when you get past

the standard "What did you do at school today?" conversation.

Create a chore chart

Even if your kids are still young, they can help out at home. From dusting and learning to fold laundry to making their beds and loading a dishwasher, you're not only lightening your load a little but you're also teaching them valuable life skills.

Balancing personal wellness with the responsibilities of parenting isn't always easy, but showing your kids what a mentally and physically healthy parent looks like is just as important for their own development. So, if you can't do it just for you, do it for them, too.

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 © 2024 Local Help Wanted. All Rights Reserved.

Beryl Hansen
May 26, 1939 -
April 20, 1999

A MOTHER'S LOVE IS IRREPLACEABLE

ONE WRONG DECISION AFFECTS SO MANY.

Beryl was a mother of 3 children and had recently started an early retirement when she was taken suddenly by an impaired driver.

Help us put an end to impaired driving.

SCAN HERE FOR QUICK CASHLESS DONATIONS

madd
Toronto

1-800-665-6233 X333
info@maddtoronto.ca
maddchapters.ca/toronto

Tips for staying healthy as you age

(NC) Embracing the wisdom that comes with age can be a rewarding experience. With age comes the advantage of knowledge and life experiences. You may find yourself better equipped to make important life decisions and, hopefully, have the means to pursue your passions. Here are five tips to make the most of your golden years.

Feed your body

We all know that we need a well-balanced diet. Prioritizing foods rich in fibre and vegetables while minimizing the intake of fatty foods and salt offers benefits for everyone. But as we age, we have more reason to be mindful of what we eat, especially if you have a chronic illness or a family history of illness. Ask your health-care provider for some personalized tips on foods that can help if you're dealing with a specific health issue.

Keep moving

It's important to get regular exercise at any age. It keeps our hearts and minds healthy. Regular

movement also helps improve balance and stamina. That doesn't mean you necessarily need to join a gym or suddenly take up running. Twenty to 30 minutes a day of a low-impact activity such as walking or swimming will give you a boost. Other options include yoga or lifting some light weights while seated. Whatever activity you prefer, you can also seek out a community group you can join, and you may even make some new friends.

Keep up with your checkups

Maintaining a regular schedule of appointments with your doctor, dentist, optometrist and any specialists you see is the best way to monitor for changes in your health. You should also report any changes you notice yourself to your doctor, and track side effects from medications you're prescribed.

Get vaccinated

Many of us couldn't wait for there to be a COVID-19 shot. But, after dutifully getting all our boosters,

health-care officials are noticing a drop in the number of people getting their flu shots and other vaccines. With steadily declining immune systems, seniors should be up to date on all their shots.

Seek treatment

You may have heard about long wait times at hospitals and may be struggling to find a family doctor. There are now 19 minor illnesses that you can have

diagnosed and receive treatment for at your local pharmacy. These include hemorrhoids, heartburn, and sprains and strains. So, if you get sick, you may be able to get diagnosed and treated by a pharmacist.

Learn more at rexall.ca/prescribing.

www.newscanada.com



Is your food safe? What you need to know

(NC) Many of us enjoy a variety of foods and have come to expect our go-to choices to be available in stores whenever we want. For grocers to keep shelves stocked with our favourite items, they source a variety of imported products, from fruits and vegetables to spices and cereals.

It's thanks to food importers that Canadians enjoy such a wide variety of foods year-round. Every day, thousands of metric tonnes of food and beverage arrive in Canada by sea, land and air.

But how do we know these products are safe? What is the process for importing food into Canada? Here's a quick look at the Canadian import process.

All food sold in Canada, whether it is domestic or imported, must meet Canadian Food Inspection Agency regulations and be safe to eat. The regulations cover everything from production and processing to labelling and packaging and they're designed to ensure that imported foods meet Canada's safety standards before they even hit the shelves.

At each step of the import process,

food importers are required to have measures and procedures in place to minimize potential health risks. While it's not possible to eliminate every possible risk, these measures help minimize food-related illness.

Importers require a food safety licence to import food into Canada. Without a valid licence, shipments will be denied entry. They are also required to have written preventive control plans and a recall and complaint process in place as well as maintain detailed records so that unsafe food can be traced through the supply chain and quickly removed from the market.

These rules keep our food supply safe. But what can you do as a savvy shopper to make sure the foods you're buying are safe to eat? Look for a few key things:

Food labels:

You can use labels to make more informed choices about the food you purchase. Don't rely on general product and health claims. Learn how to understand and read food labels by looking for key elements such as the Nutrition Facts Table,

list of ingredients and allergen statements.

Packaging:

Just like with any food, ensure the packaging is in good condition and intact. If something looks off or seems tampered with, don't hesitate to skip it and opt for another.

Proper storage and handling:

Ensure the food you buy is stored and handled properly. For instance, perishable items should

be refrigerated or stored at the recommended temperature.

Buy from reputable sources:

Purchase food from reputable retailers or vendors. Stores and brands must adhere to strict safety standards.

Find out more at inspection.canada.ca.

www.newscanada.com





Take part in a
Clinical Research Study
DRY EYE DISEASE

QUALIFIED PARTICIPANTS
ARE ELIGIBLE TO RECEIVE
UP TO \$2,900.

Contact us to learn more
(905) 282-1808
atcliantha.com





springboard
CONNECT. INSPIRE. ACHIEVE.

**YOUR PATH TO EMPLOYMENT
SUCCESS STARTS NOW!**

REGISTER FOR FREE

- Job Placements
- Resume Building
- Interview Coaching
- Career Counselling
- Resources & Information

WALK IN'S WELCOME
OPEN 9:00 AM to 5:00 PM

Unit 105-3195
Sheppard Avenue E,
Toronto ON, M1T 3K1

SCAN THE QR CODE FOR MORE INFORMATION
(416) 849-4421
SPRINGBOARDSERVICES.CA



**GET A SECURITY
JOB NOW!!!**

LIVE CLASSROOM INSTRUCTION!

Ministry required Security Guard course: In-class \$249
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



Quick facts about the new Underused Housing Tax

(NC) You may or may not have heard that there's an Underused Housing Tax (UHT) in Canada. Is it what you think it is? Does it apply to you? Here are few quick facts you should know.

It's not the vacancy tax you've heard about

You may have heard of vacancy taxes in some provinces and municipalities, but those taxes are not the same as the UHT, which is a federal tax that took effect in January 2022. Someone who must pay a regional vacancy tax may or may not be affected by the UHT and vice versa. If you are exempt from one tax, you may still be required to file a return and pay the other tax.

If you own residential property, you could be affected

The UHT usually affects foreign nationals, meaning those who are not Canadian citizens or permanent residents, who own residential property here in Canada, or foreign corporations. But, in some situations, this tax also applies to Canadian individuals and corporations.

If you're affected, you have to file – maybe multiple returns – even if you're exempt

If you're an affected owner, you

may be exempt from paying the tax for a year depending on things like the location of the property and the type of occupant; however, you're still required to file a return to claim your exemption. If you own more than one residential property, you must file a separate return for each property. If you're one of several affected owners of a property, each owner must file a separate return.

It's due at the same time as income taxes but it's not the same return

The Canada Revenue Agency must receive 2022 and 2023 UHT returns and any payments owed by April 30, 2024, to avoid penalties and interest. Note that even though this is the same date the income tax and benefit return is due for most people, the UHT is a separate return.

To find out if you're affected for the 2022 tax year, you can use the CRA's online self-assessment tool at canada.ca/cra-uht. The 2023 tax year rules may be different.

www.newscanada.com



PHARMACEUTICAL CAREER, YOURS TO DISCOVER.

Toronto Institute of Pharmaceutical Technology

Why choose TIPT?

- Financial Assistance is available
- High entry level salary
- Exclusive job placement rate & 95% + job placement rate
- Specialized training in a Health Canada approved facility
- Our well established relationships with pharmaceutical companies

PHARMACEUTICAL PROGRAMS INCLUDE

Manufacturing Technology
(Diploma)

Research and Development
(Post-Graduate Diploma)

Quality Assurance & Quality Control
(Post-Graduate Diploma)

Regulatory Affairs
(Post-Graduate Diploma)

Quality Control Analyst
(Post-Graduate Certificate)

55 Town Centre Court
Suite 800, Toronto, Ontario

(416) 296-8860
www.tipt.com

Toronto Institute of Pharmaceutical Technology is registered as a Private Career College under the PCC Act 2005

THE STAFFING
CONNECTION

Fill the Gap

LOOKING
FOR
WORK?

GIVE YOUR
CAREER A LIFT!
NOW HIRING FORKLIFT
OPERATORS

3+ Years Experience Preferred

resumes@thestaffngconnection.ca

289-312-5811

Looking for a Job?

Visit our job board for new opportunities to
take a step towards a fulfilling career today!
www.jobskills.org/job-board/

APPLY TODAY

Working To Get You Working

www.jobskills.org
info@jobskills.org
1-866-592-6278

FINDING
A JOB
JUST GOT EASIER

Shine On

Greater
Toronto

Canada

Ontario

We can help you get the job you want!

If you are:

- Looking for a new job, or your first job
- Underemployed
- Unemployed

- Interested in being an apprentice
- A newcomer to Canada
- Internationally trained

Take advantage of these FREE services:

- One-on-one personalized support
- Guidance on building an effective resume and cover letter
- Interview preparation

- Identification of appropriate training programs
- Access to employers
- Resources and workshops

Call our YMCA Employment Centres today!

Scarborough Tapscott YMCA
Employment and Immigrant
Services
5637 Finch Ave. E, Unit 5,
Scarborough, M1B5K9
416-335-5490

Scarborough Milner YMCA
Employment and Immigrant
Services
600-10 Milner Business Court,
Scarborough, M1B3C6
416-609-9622

Get in-person or remote support, and overcome the
challenges of looking for a job with help from our
employment experts.

ymcagta.org/findwork

Page 12

ISSUE 04 - April 6, 2024 – May 4, 2024