

## YMCA launching new Employment and Newcomer Centre in Orleans

**OTTAWA, December 9, 2024** — Looking for a job can be overwhelming, as can getting settled in Ottawa. The [Ottawa Neighbourhood Study](#) data shows that thousands of east Ottawa residents are recent immigrants. Some newcomers may struggle with language barriers, affecting their ability to integrate and find employment. Cultural differences can lead to misunderstandings or difficulties adapting to the new culture. Furthermore, building connections between newcomers and long-term residents can be difficult if there are existing social divides or prejudices.

Tailoring services to meet the unique needs of each job seeker, recruiting business, and newcomer can be resource-intensive and complex. And yet that's precisely what the YMCA Employment and Newcomer Centres do with great success.

The YMCA is thrilled to open another Employment and Newcomer Centre in Orleans. These services are also available online and at two existing locations in Nepean and Centretown.

The hub is located within the Orleans Cumberland Community Resource Centre. Having the newcomer and our employment services under one roof alongside the Orleans-Cumberland Community Resource Centre ensures wrap-around support. The YMCA's clients can easily access the resource centre's services, such as counselling, parenting support, healthy living workshops and more.

### Employment services

The YMCA's free employment services support employers and job seekers. The YMCA's team guides and supports people seeking employment or changing jobs. They also help local businesses attract and recruit employees with the skills they need to achieve their business goals. All services are offered at no cost.

"We work with people as individuals," said Trevor McAlmont, president and CEO of the YMCA of the National Capital Region. "It takes courage and determination to walk through our doors. We pride ourselves on helping everyone, regardless of their situation. Once you are here, we are here for you."

Job seekers' support ranges from pre-employment and skills training to resume writing support, job search strategies, and information sessions.

Services for employers include recruiting pre-screened applicants, posting and distributing job openings, participating in job fairs, access to training subsidies and skills upgrading programs, and more. The YMCA works with employers like the Canada Revenue Agency, the Ottawa Police Service and Hyatt Place Ottawa West.

### **Newcomer services**

The YMCA is a first stop for newcomers to Canada. Their newcomer and employment services are offered together. The YMCA provides free language assessments, information and referral services, and youth leadership development. These help newcomers settle and thrive in their new lives in Ottawa.

“Helping others has always been my passion,” said Amal Alsabaawi. “I was very connected to my community in my home country of Palestine. I lived in Gaza, where I spent many years leading social development projects. Despite my desire to improve the lives of the people in Gaza, I eventually had to make the hard decision in 2023, following my mother’s death, to leave my beloved home. When I arrived in Ottawa, I only knew my brother and his family, who’d arrived years earlier. I knew I needed support to settle, so I began researching and asking about resources for newcomers, which led me to the Y. From the moment I walked in, I felt welcomed and respected. The staff’s warmth and professionalism reassured me that I was in the right place. The Y’s services were a lifeline, providing me with the vital information I needed to navigate my new life. Beyond the resources, the Y gave me something even more meaningful: a sense of belonging. For the first time since arriving, I felt connected to my community. I am now an Information and Referral Specialist with the Y.”

The YMCA’s Language Assessment and Referral Centre provides immigrants with English or French language assessments for government-funded programs. The YMCA is the only provider of these services in Ottawa, and they are offered at no cost to eligible clients.

The YMCA’s Newcomer Information Centre provides access to vital information and referral services to help newcomers find everything they need to settle and thrive in their new life in Ottawa. Again, there is no cost to participate.

The Newcomer Youth Leadership Development program is designed to help newcomer youth engage in their community and build leadership and life skills. Participation is free.

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### **About YMCA National Capital Region**

Founded in 1867, the YMCA of the National Capital Region is a registered charity dedicated to building healthy communities. The organization is committed to nurturing the potential of children, teens and young adults, promoting healthy living and supporting vulnerable people within the community. The Y serves thousands of people across the Ottawa region each year. A focus on inclusiveness and accessibility means people of all ages, backgrounds and abilities are served through all stages of life. To learn more, visit [ymcaottawa.ca](http://ymcaottawa.ca).