



CULINARY SKILLS TRAINING

Turn your passion for cooking into a career In Canada

PROGRAM DETAILS

This free 12-week, full-time program prepares immigrant women for entry-level jobs in the food industry. Gain hands-on kitchen experience, improve your workplace English, earn an industry-recognized certification, and build job-ready skills in food safety, teamwork, communication, and interview preparation. Receive personalized job search support to help you start your career in Canada

What You'll Learn:

- Cooking techniques, roles and responsibilities
- Safety and sanitation
- Kitchen operation
- Knife skills
- Preparation and cooking
- Occupational English language training
- Workplace essential skills
- Interview and resume skills
- Canadian job culture

Certifications You'll Earn :

- Alberta Advanced Safety Food Certificate
- WHMIS

INTAKES

2026 - August 4, and November 23

2027 - April

ELIGIBILITY

- Permanent residents or convention refugees
 - CLB 5-6 or higher
- Childcare and transit support is available (restrictions may apply).

CONTACT

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Register Today

Funded by:

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Immigration, Refugees
and Citizenship Canada

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Canadian Immigrant Women's Association | #200, 138-4th Ave SE, Calgary | 403-263-4414 | www.ciwa.org

