

WOMEN'S LEADERSHIP PROGRAM

INTEGRATION - TEAMWORK SKILLS

Want to feel excited and
motivated ?
This program is perfect
for you!

With us you will:

- Learn to become a leader.
- Explore your skills.
- Work on your mental health and wellness.
- Network with community.

Visit us

165 Union Street, Suite # 301
Saint John , NB. E2L 5C7

Hours

Monday to Friday
9:00 a.m to 4:30 p.m

More Info

Email: info@prudeinc.org
Phone: (506) 634 3088
Website: www.prudeinc.org



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PRUDE Inc.



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In Partnership With :

Government of Canada.



Immigration, Réfugiés
et Citoyenneté Canada

Immigration, Refugees
and Citizenship Canada



Est. 1981

ENTREPRENEUR
LEADERSHIP
CONFIDENCE
CHALLENGES

OUR PROGRAM

A program for women with permanent residency (PR), PRUDE's Women's Leadership Program helps build confidence, gain access to family resources, and teaches you new skills. You will leave having learned about entrepreneurship, confidence, leadership, and mental health and wellness. Registration is required to participate in a spring, fall, or winter, cohort.

Cohorts offer workshops, supportive networks of women, and community connections through professional guest speakers



If you are a newcomer woman with Permanent Residency (PR), sign up for this program to learn valuable leadership skills that will make you feel empowered.

LEADERSHIP

It's important to know what resources are available to you. The Women's Leadership Program will share resources about your health and wellness, empowering you to take charge of yourself.

WOMEN'S HEALTH

They say that confidence is the key to success, so we invite you to take charge of yourself. Learn confidence building skills and feel empowered to be the best version of you while making connections with other women.

CONFIDENCE BUILDING

WHAT WE LEARN

ENTREPRENEURSHIP

LEADERSHIP

CONFIDENCE BUILDING

MENTAL HEALTH & WELLNESS

WOMEN'S HEALTH RESOURCES

FAMILY RESOURCES

COMMUNITY



“When women work together, it's a bond unlike any other.

Victoria Principle

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