

fresh starts & bright ideas

At Confederation College, education opens doors. Sometimes, those doors are literal — like the newly-painted one on the Elizabeth Fry home. Other times, they open to the future, giving students a chance to move forward with confidence and explore new opportunities.

In 2022, the Upgrading Program at Confederation College applied for and received Skills for Success project money to provide upgrading off campus. We wanted to go to where the (potential) students were, rather than expecting them to come to us. And thus, the Hubs programming was born.

We experimented with different housing developments and service providers. Some of these have proven to be so successful that, even without the project funding, we have continued to offer programming. Elizabeth Fry (EFSNWO) is one of those gems

“These programs have been instrumental in our mission and purpose of building confidence, skills, and friendships along the way.” — *Lindsay, EFSNWO E.D.*

Over the past few months, students in the Elizabeth Fry Society’s Adult Upgrading class were busy developing new skills, starting with an online Safe Food Handling course. Then the students engaged in a fun blending of hard and soft skills which we called “Furniture as Art.” One transformed a shelf, another tackled a house door.



“Learning is easier when you feel comfortable and welcomed by teachers.”
— *Tanis, student (pictured above, right)*

What makes Upgrading at this site effective is the continuity of weekly, on-site workshops. For the women at EFry, it’s important to create a stable learning environment where they feel safe to try new things and take risks.

This foundation helps build their confidence and gradually transition to the college campus for further upgrading or to start postsecondary studies or move toward employment.

— *Kim Ducharme, Confederation College*