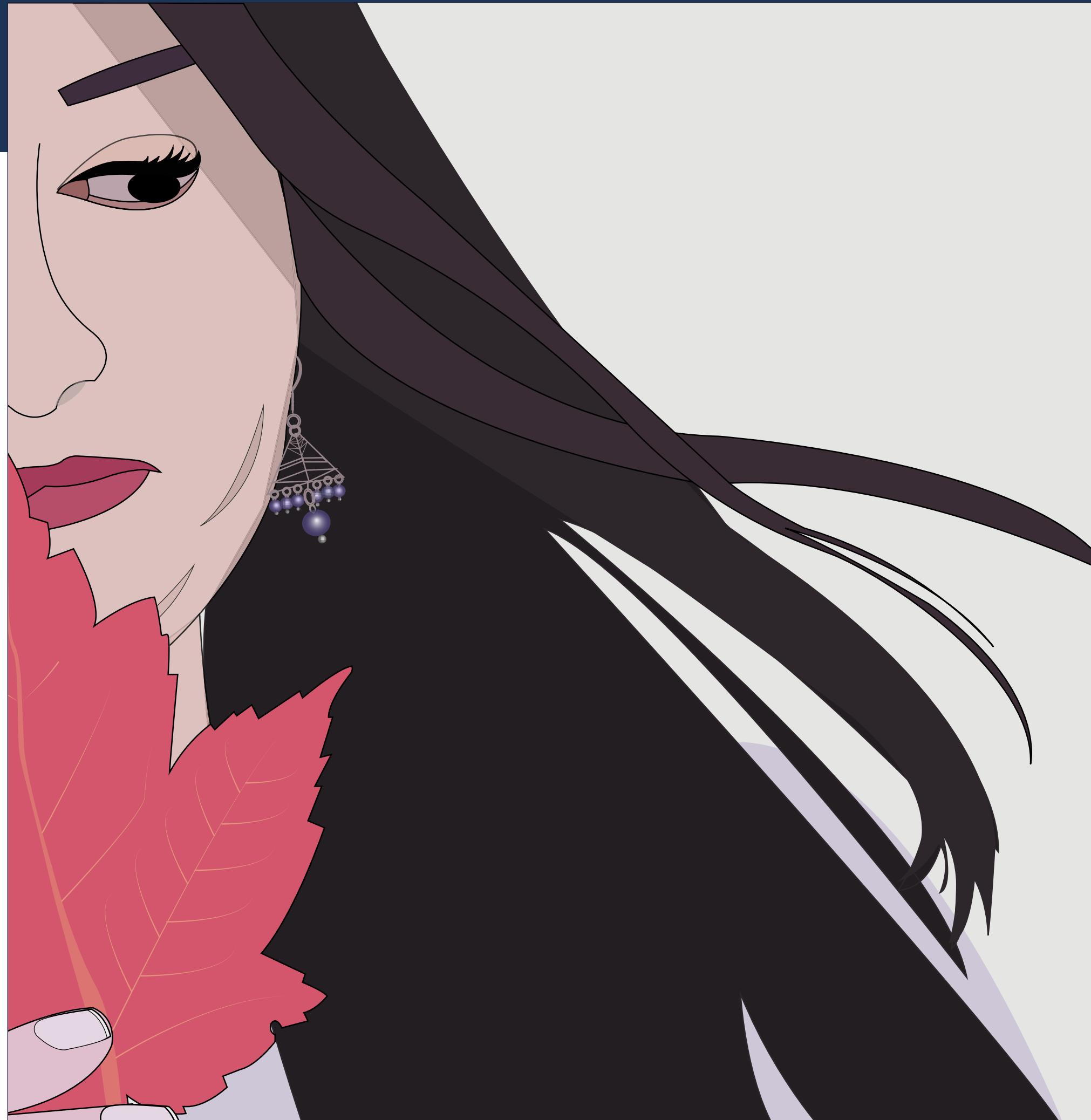


ME PORTFOLIO

SELF PORTRAIT



SELF PORTRAIT was created by using my unique illustration style.

BOOK COVER



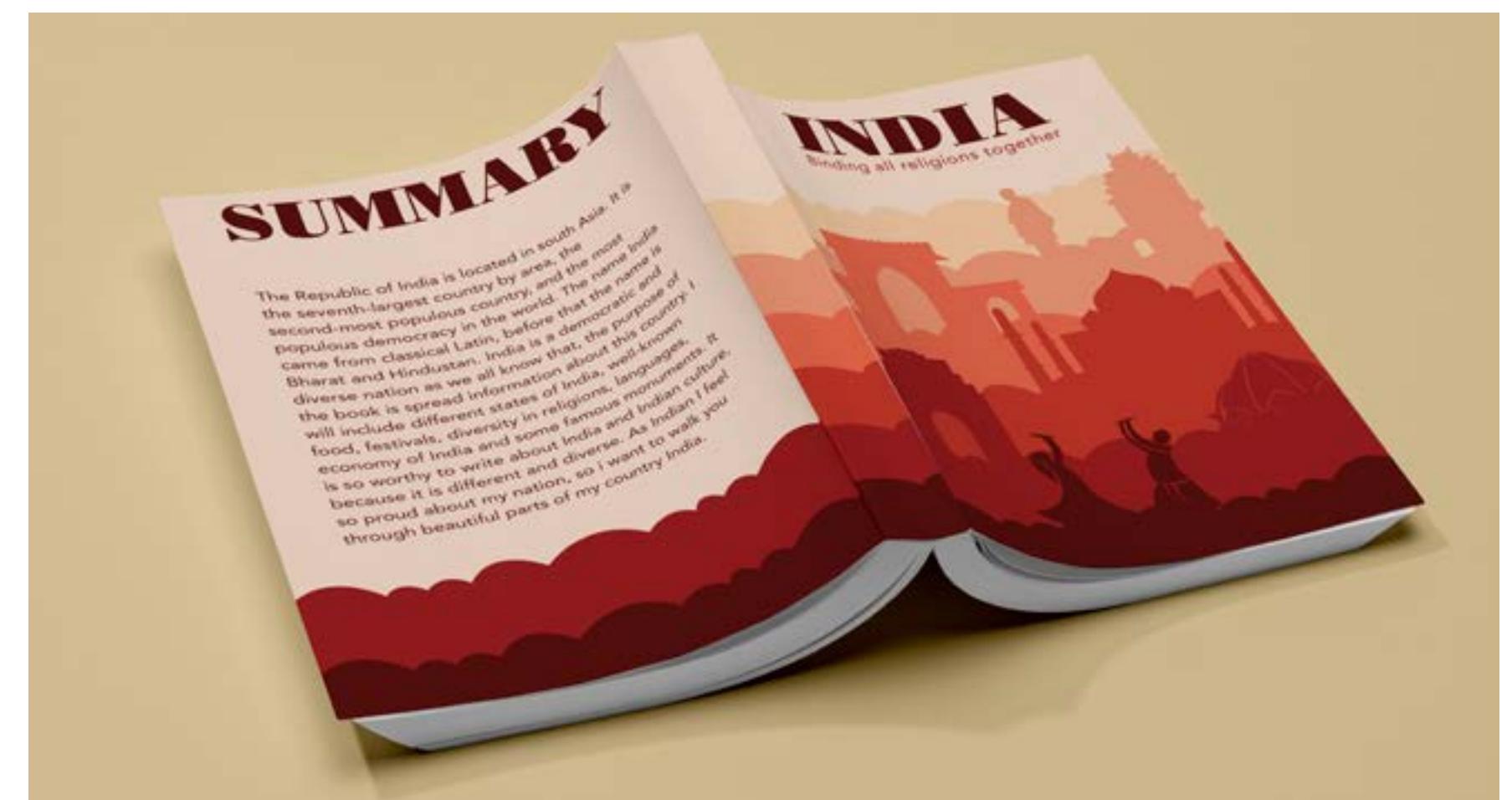
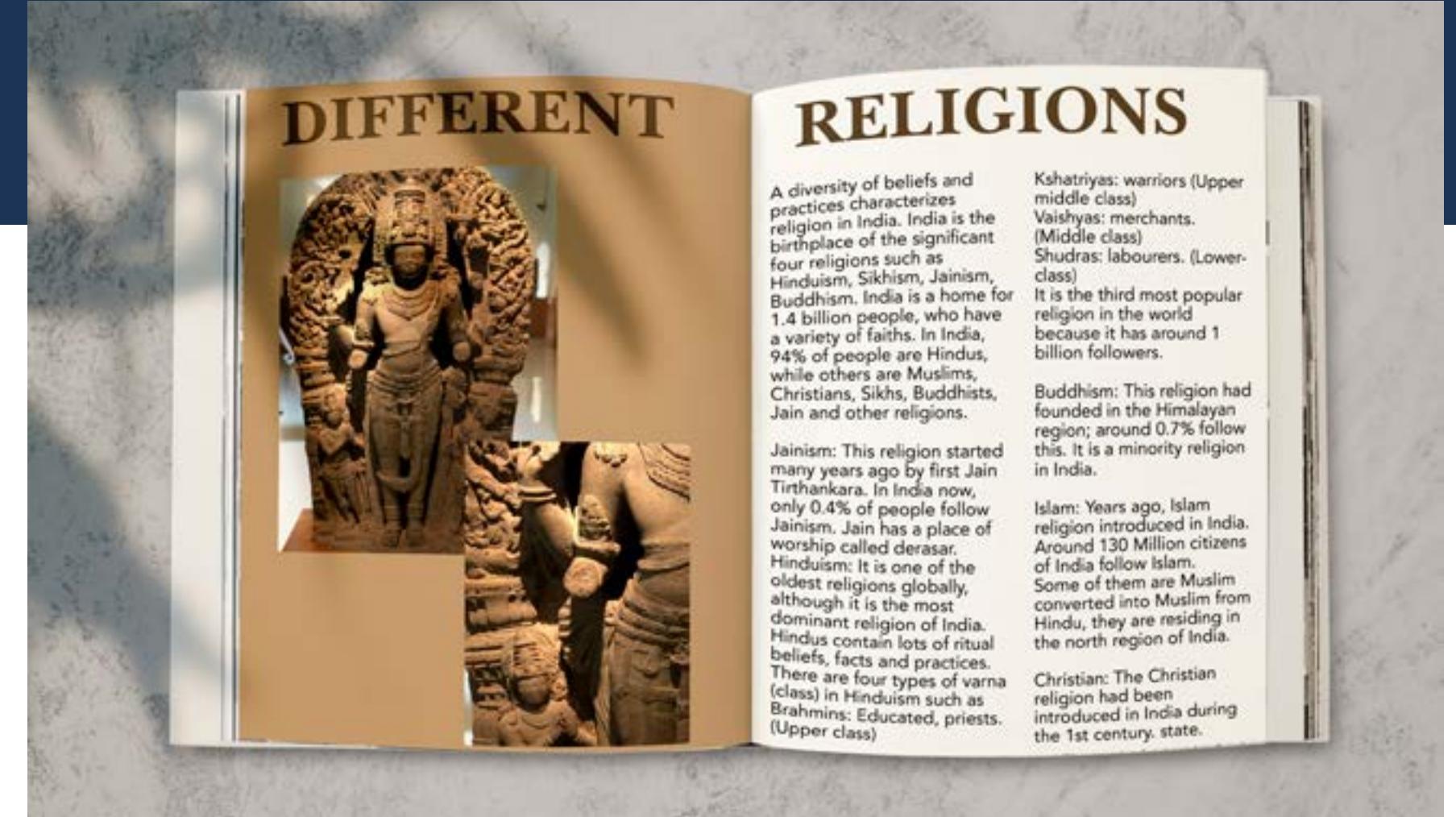
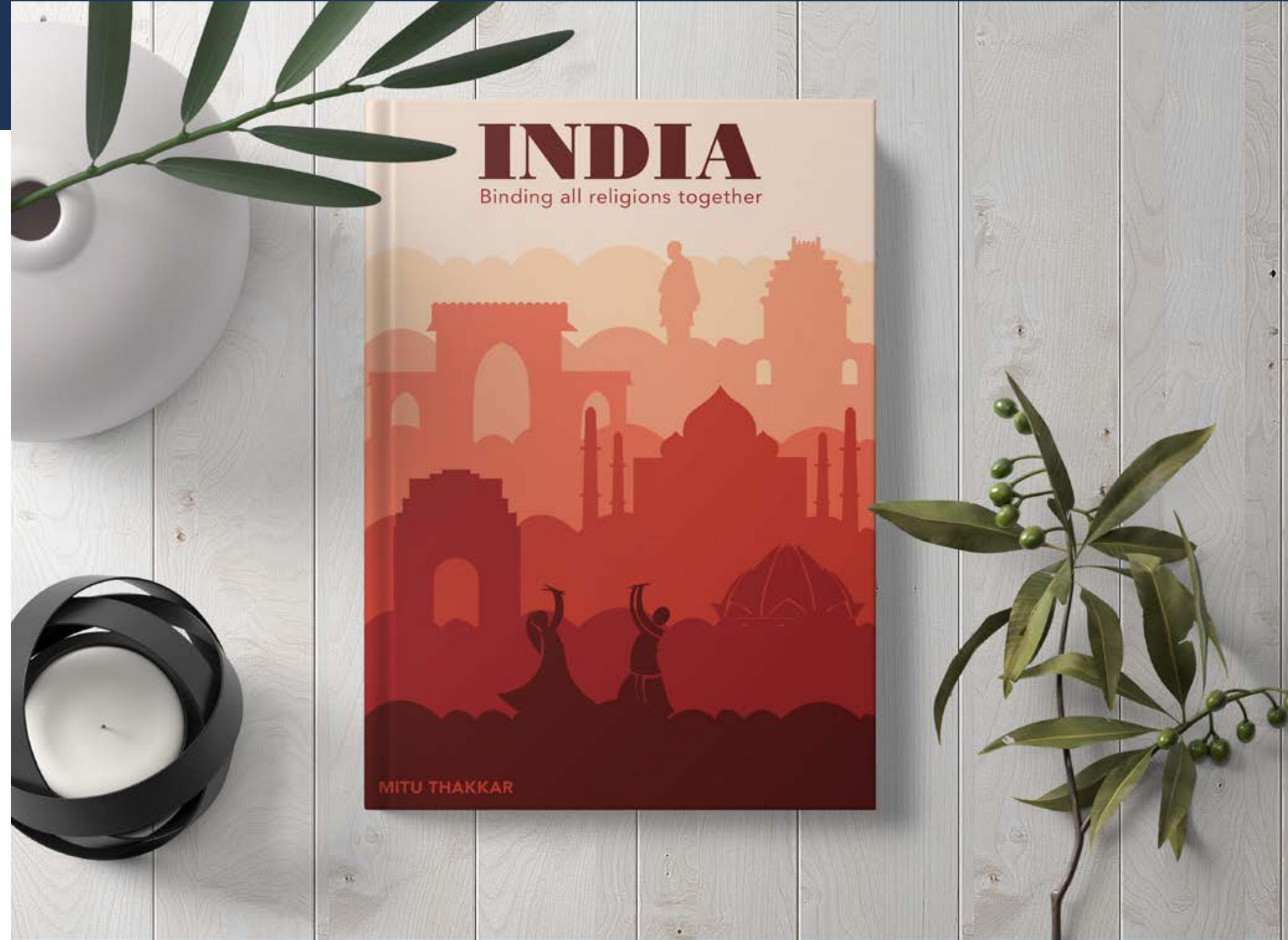
BOOK COVER



SPINE

INDIA is known for binding all religions together. Well, it is also famous for historical monuments. I illustrated the famous historical monuments in parallax with the monochromatic colour palette for the book cover design.

BOOK COVER & SPREAD MOCK UP



PCOS CARE

PCOS CARE


PCOS (Polycystic ovary syndrome). PCOS is the health condition of women with hormonal imbalance. Sometimes women don't alert about their health. It causes other diseases such as diabetes, heart disease, obesity, anxiety and uterine cancer. Some women still not aware of PCOS. So, I have created an awareness campaign and mobile application that leads women to cure this problem better.

PCOS CARE



DID YOU KNOW?

PCOS AFFECTS MILLIONS OF WOMEN WORLDWIDE!

POLYCYSTIC OVARY SYNDROME is a health condition that affects one out of every ten women who have six or fewer periods a year, but many of them are unaware of it.

TO LEARN MORE ABOUT PCOS DOWNLOAD THE
APPLICATION **PCOS CARE**

PCOS CARE
♀

INSTAGRAM POSTS



DID YOU KNOW?

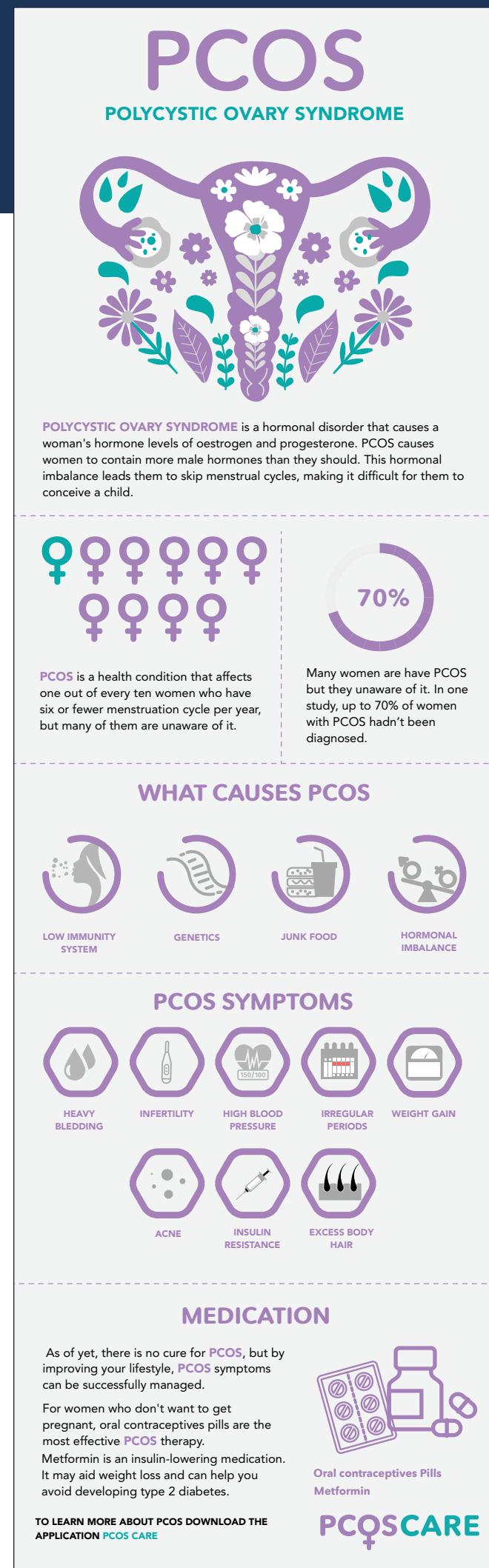
LEFT UNTREATED PCOS MAY LEAD TO HEART & ENDOCRINE DISEASE.

POLYCYSTIC OVARY SYNDROME that is not well-managed may harm both short and long-term health. Type 2 diabetes, miscarriage, heart, endocrine disease and depression are all linked to it.

TO LEARN MORE ABOUT PCOS DOWNLOAD THE
APPLICATION **PCOS CARE**

PCOS CARE
♀

PCOS CARE



INFOGRAPHICS

PCOS CARE

Hello!
Sign up to get started.

Welcome Back!

We will ask some routine question before get started.

How long are you diagnosed with PCOS?

What PCOS symptoms do you have?

How old were you when you started your periods?

What has been the length of your monthly cycles for the last six months?

Do you have a family medical history of?

Do you smoke?

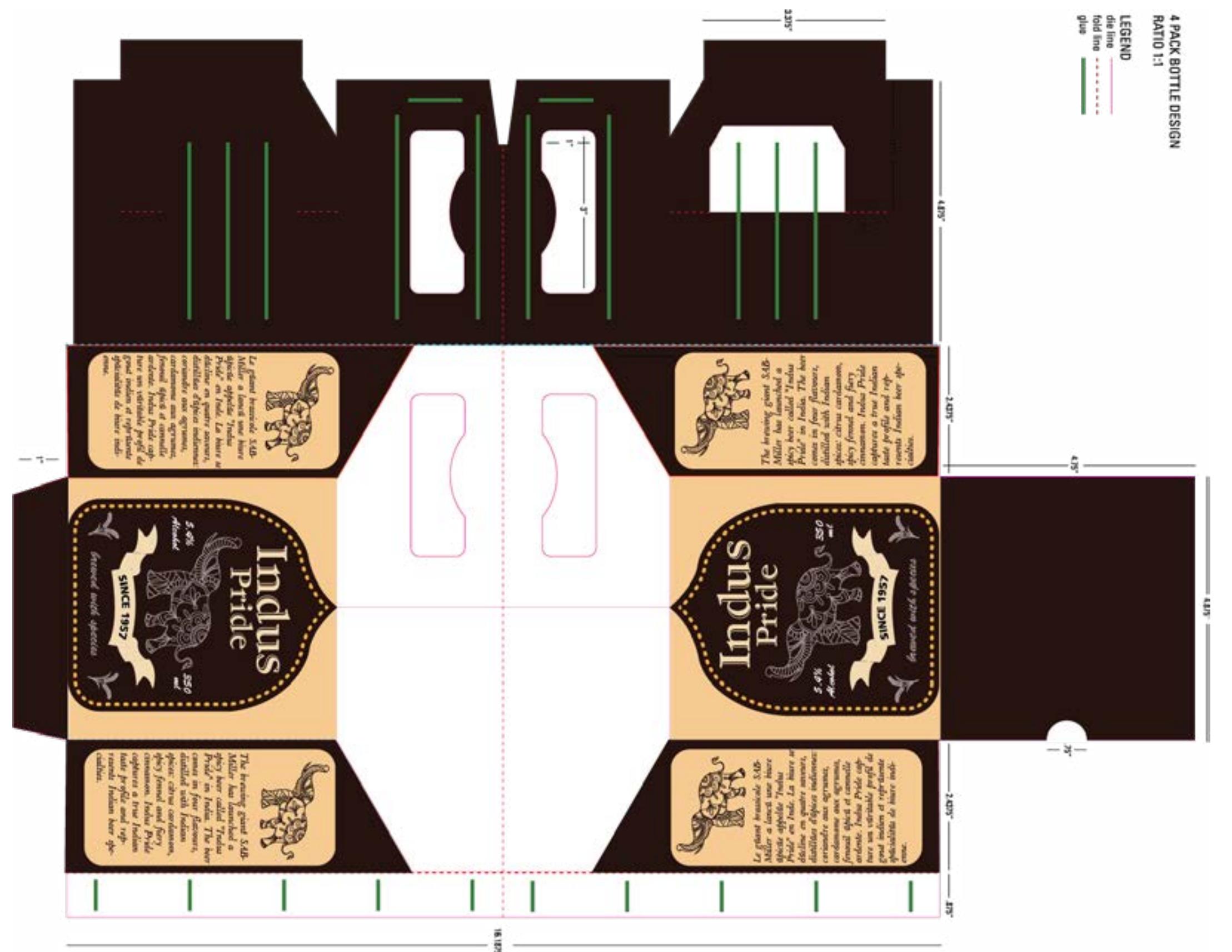
Do you have standard weight according to your height?

How many meals do you eat per day?

Diet and exercise plan

MOBILE APPLICATION

BOTTLE PACKAGE & LABEL DESIGN



FLAT DESIGN

INDUS PRIDE is a well-known Indian beer. The Indus pride brand name has something connected to the Indian root. So, I think of doing henna art design an elephant for the beer label design.

BOTTLE PACKAGE & LABEL DESIGN

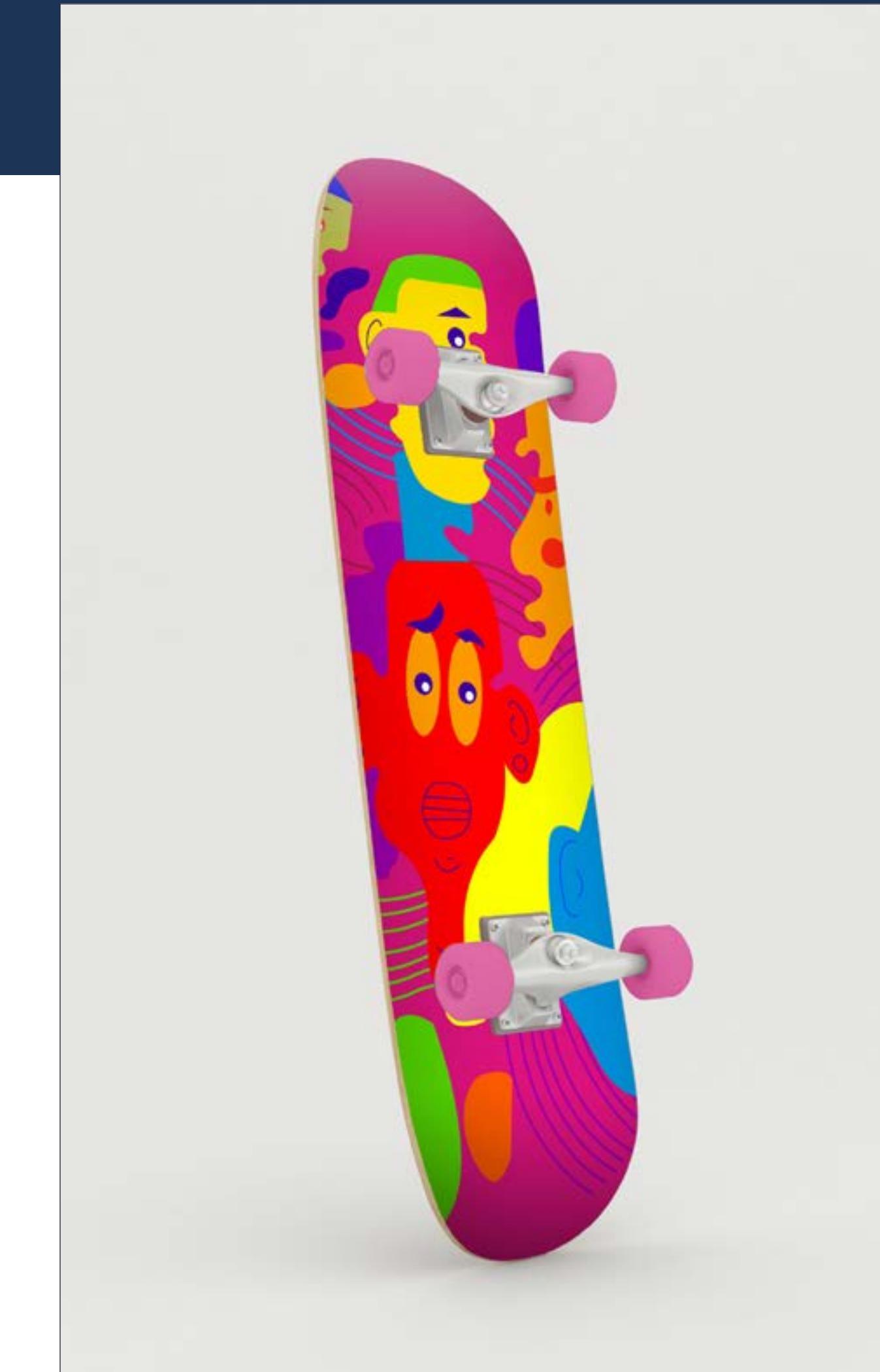


BEER PACKAGE MOCK UP



BEER BOTTLE MOCK UP

SKATEBOARD DESIGN



SKATEBOARD DESIGN

inspired by the doodle I made in my leisure time. I created some doodles faced with pain and illustrated them after it for this project. Then, I added complementary colours to them.

SKATEBOARD DESIGN



FUNDRAISING CAMPAIGN



LOGO



HELP SEND KIDS TO SUMMER CAMP



DONATE TODAY!

All funds raised stay 100% in your community helping local kids.

For more details visit
FILTHEBUS.CA
or ask a Y team member.



SOCIAL MEDIA POST

FUNDRAISING CAMPAIGN

YMCA **Fill
The Bus
Campaign**

HELP SEND KIDS TO SUMMER CAMP

DONATE TODAY!

The YMCA of Northeastern Ontario is partnering with community businesses and organizations to engage their staff and clients to help send local kids to summer camp.

Donations will be collected by our partners to cover the cost to send kids to summer camp with all funds raised staying 100% in your community.
Every \$275 raised means a kid will be added to the bus!

SCAN HERE TO DONATE!

POSTER

YMCA **Fill
The Bus
Campaign**

HELP SEND KIDS TO SUMMER CAMP

DONATIONS COLLECTED HERE!

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For more details visit [FILTHEBUS.CA](#) or ask a Y team member.

SCAN HERE TO DONATE!

EMAIL SIGNATURE

Y **YMCA** **Fill
The Bus
Campaign**

GIVING TUESDAY Nov 29

FACEBOOK AD

HOME CHILD CARE SESSION



POSTER

YHome
Child Care

Licensed by the YMCA
of Northeastern Ontario

Licenced Home Child Care

Brainstorming Session

Prepared For:

Northern Ontario Black
Economic Empowerment
Program (NOBEEP)



SKILLED TRADES JOB FAIR



INSTAGRAM POSTS

SKILLED TRADES JOB FAIR



**SKILLED TRADES
JOB FAIR**
Hosted by YMCA of Northeastern Ontario

An opportunity to meet and network with local employers in the skilled trades fields.

Tuesday, August 30th
from 10 AM to 3 PM

Hiring Industries:

- Service • Manufacturing • Child Care • Mining
- Industrial • Construction • Automotive • And many more!

Bring your resume and prepare for on-the-spot interviews.
Parking is free onsite in the Elm Place Mall.
Parking passes will be validated at the job fair.

ymcaneo.ca
705-674-2324

[f](#) [i](#) [in](#) [t](#)

POSTER



**SKILLED TRADES
JOB FAIR**
Hosted by YMCA of Northeastern Ontario

Tuesday, August 30th
from 10 AM to 3 PM

Unit 164-40 Elm Street, Sudbury
(former Designer Depot store)

Bring your resume and prepare for on-the-spot interviews.

EMAIL SIGNATURE



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FACEBOOK COVER PAGE

S.C.Y.L.D.

YMCA of
Northeastern
Ontario

Sustainable Employment

Training

Skills

Financial Assistance

S.C.Y.L.D.

Looking To Begin A New Career Path?

WE CAN HELP !

This project is funded by
the Government of Canada.

Canada

INSTAGRAM POSTS

YMCA of
Northeastern
Ontario

Sustainable Employment

Training

Skills

Financial Assistance

S.C.Y.L.D.

Looking To Begin A New Career Path?

WE CAN HELP !

Shaping Careers for Youth Through Learning and Development S.C.Y.L.D. is an innovative employment program where we help you gain valuable skills, navigate the labour market, connect with career focused training opportunities, and transition to sustainable employment.

You are:

- 15-30 years old (inclusive)
- legally entitled to work in Canada
- Canadian Citizen, Permanent Resident, or protected person

You get:

- Three weeks of employment skills training
- A five-week paid quality employment experience
- Financial assistance in obtaining accredited skills training

Register by Contacting:
Bryce Smith, Project Coordinator
705-674-2324 ext 3240 249-377-5994
bryce.smith@ymcaneo.ca

This project is funded by
the Government of Canada.

ymcaneo.ca

Canada

f i n

POSTER

S.C.Y.L.D.



WEBSITE BANNER



E-MAIL SIGNATURE

S.C.Y.L.D.

YMCA of Northeastern Ontario

Training

Sustainable Employment

Skills

Financial Assistance

S.C.Y.L.D.

Interested in obtaining your DZ license or becoming a heavy equipment operator?

WE CAN HELP !

This project is funded in part by the Government of Canada.

Canada

Transport Training™ Centres of Canada Inc.
DRIVER SAFETY AND TRADE SKILL DEVELOPMENT

INSTAGRAM POSTS

YMCA of Northeastern Ontario

Training

Sustainable Employment

Skills

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S.C.Y.L.D.

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bryce.smith@ymcaneo.ca

Canada

Transport Training™ Centres of Canada Inc.
DRIVER SAFETY AND TRADE SKILL DEVELOPMENT

ymcaneo.ca

f i n

POSTER

S.C.Y.L.D.

The banner features a light blue background with white horizontal stripes. At the top left is the YMCA of Northeastern Ontario logo. To the right are five service icons: Sustainable Employment (briefcase), Training (person with chart), Financial Assistance (graduation cap and dollar sign), Skills (brain with gears), and another Skills icon. Below these are three stylized illustrations of workers: a woman in a blue shirt and red pants, a man in green overalls and a hard hat, and a man in a teal vest and white shirt. They are interacting with large yellow 3D letters spelling "S.C.Y.L.D.". A small orange wrench is shown near the letters. The bottom section has a dark blue bar containing the text: "Interested in obtaining your DZ license or becoming a heavy equipment operator? WE CAN HELP !". Logos for the Government of Canada and Transport Training Centres of Canada Inc. are at the bottom left.

YMCA of
Northeastern
Ontario

Sustainable Employment

Training

Skills

Financial Assistance

S.C.Y.L.D.

Interested in obtaining your DZ license or becoming a heavy equipment operator?

WE CAN HELP !

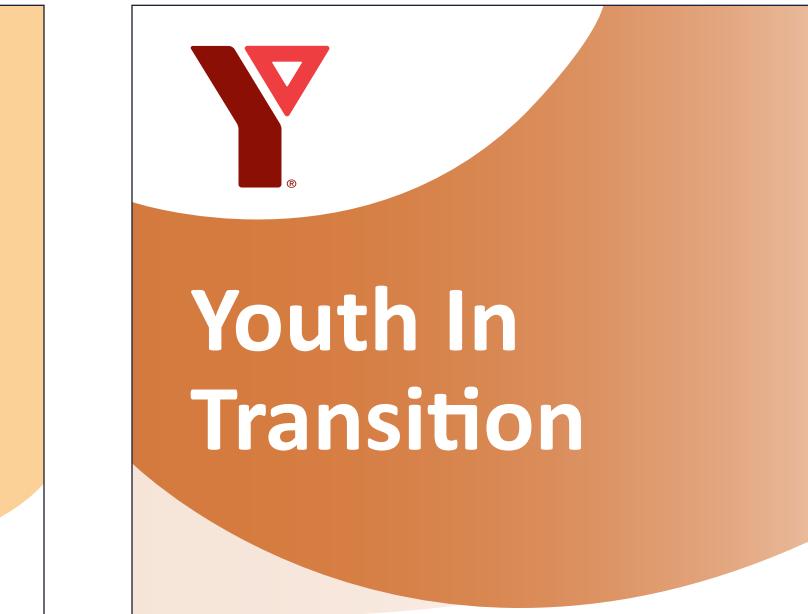
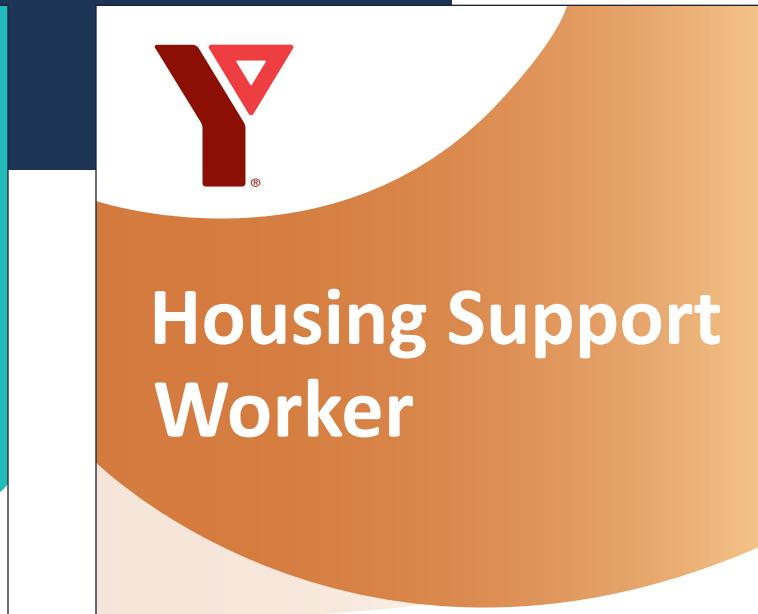
This project is funded in part by the Government of Canada.

Canada

Transport Training™
Centres of Canada Inc.
DRIVER SAFETY AND TRADE SKILL DEVELOPMENT

WEBSITE BANNER

RACK CARDS



RACK CARDS



Student Services YMCA Employment Services

SUMMER EMPLOYMENT

Are you a student between the ages of 15 and 18 seeking part-time or summer employment? Our Employment Specialists are here to help find the right job for you!

ENHANCE YOUR SKILLS, EXPLORE CAREER INTERESTS, AND GAIN EXPERIENCE!

To get started, contact us at:

YMCA of Northeastern Ontario

Employment & Immigrant Services
Unit 132-10 Elm Street
Sudbury ON P3C 5N3
705-674-2324
employment-info@ymcaneo.ca
ymcaneo.ca

Your Y
Your Community



YMCA Immigrant Services

Let us help you while you get established in Northern Ontario!

INCLUDED SERVICES:

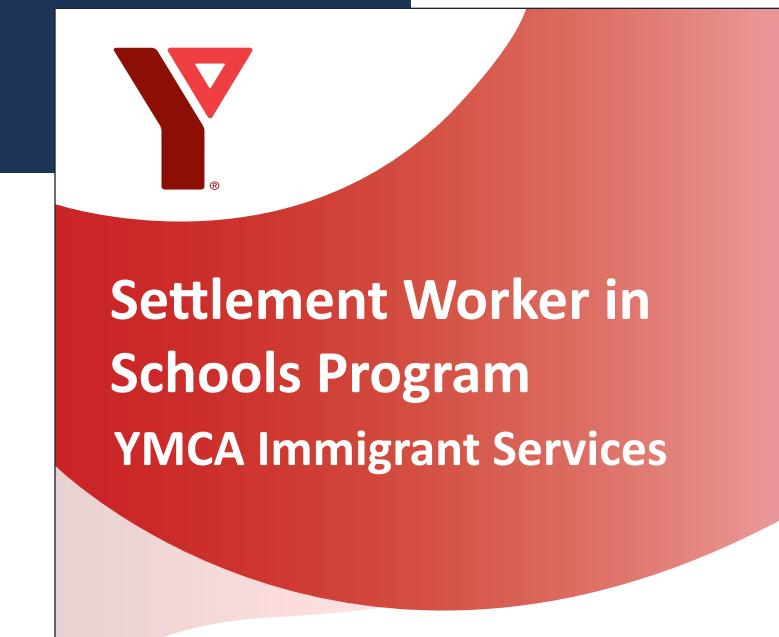
- Free and Confidential services
- Settlement Plans and Assessments
- Co-ordinating Language Assessment and referral to Language Instruction for Newcomers to Canada (LINC)
- English Conversational Circle
- Welcoming Community Activities
- Information Sessions on Immigration documentation and Canadian Citizenship

YMCA of Northeastern Ontario

Immigrant Services
Unit 132-10 Elm Street
Sudbury ON P3C 5N3
705-674-2324
newcomer-info@ymcaneo.ca
ymcaneo.ca



Your Y
Your Community



Settlement Worker in Schools Program YMCA Immigrant Services

The SWIS Program works in partnership with the Rainbow District and the Sudbury Catholic District School Boards in providing settlement services to students and their families.

OBJECTIVES OF THE PROGRAM ARE TO:

- Assist students and their families to integrate into their school and community
- Organize information sessions and workshops
- Provide resources and information to school staff about the settlement needs of newcomers

YMCA of Northeastern Ontario

Immigrant Services
Unit 132-10 Elm Street
Sudbury ON P3C 5N3
249-377-5645
newcomer-info@ymcaneo.ca
ymcaneo.ca

Funded by:
Immigration, Refugees and Citizenship Canada
Financé par:
Immigration, Réfugiés et Citoyenneté Canada

Your Y
Your Community



Mental Health Outreach YMCA Immigrant Services

SERVICES ARE PROVIDED ON AN ONGOING AS-NEEDED BASIS AND INCLUDE:

- Free, confidential and personalized service
- Connecting newcomer clients to resources and services to address their unique needs
- Developing and delivering workshops and information sessions focusing on mental health and well-being

YMCA of Northeastern Ontario

Immigrant Services
Unit 132-10 Elm Street
Sudbury ON P3C 5N3
705-674-2324 ext. 3233
Mobile: 705-690-4126
newcomer-info@ymcaneo.ca
ymcaneo.ca

Funded by:
Immigration, Refugees and Citizenship Canada
Financé par:
Immigration, Réfugiés et Citoyenneté Canada

Your Y
Your Community



SOCIAL MEDIA POSTS



Summer Solstice
YOGA

Connect With Nature Stretch Your Body Tune into Your Breath

Tuesday, June 21 6 to 6:45 PM

Mining Monument - Bell Park

Join yoga teacher Sandra Watson for an outdoor Summer Solstice Yoga class.

Adults 18+ Registration required

Y

This poster features a central illustration of a person in a meditative lotus pose against a background of concentric orange and yellow circles. The text "Connect With Nature", "Stretch Your Body", and "Tune into Your Breath" are curved along the top edge of these circles. At the bottom, it specifies the date and time, location, instructor, age group, and registration requirement.

INSTAGRAM POSTS



PICKLEBALL

Sunday, June 12 11 am-1 pm

YMCA Sudbury
140 Durham Street, Sudbury ON

Learn how to play one of the fastest growing and most popular sports in Canada.
This activity will include an introduction to the rules of the game, essential skills, practice and playing the game. Led by a group of YMCA Immigrant Services staff and volunteers.

For Adults and children age group 10+.
Children must be accompanied by an adult.
Registration Required

This Instagram post features a graphic of a pickleball player holding a paddle over a yellow ball with a white YMCA logo. The YMCA logo is also present on the paddle. The text provides details about the event date, time, location, and a brief description of what participants will learn.

SAM STANDARDS

SAM 2.1 STANDARDS

These standards are national benchmarks for service expectations at all YMCA Centres.

Experiences are convenient, safe, friendly & welcoming.



Is clean & well maintained.



Members/ participants are provided opportunities to learn and develop in spirit, mind, and body.



Staff and volunteers build positive connections with members and participants.



YMCA Staff & Volunteers

Top 10 SAM 2.1 Actions

Look professional in my uniform, which includes a visible nametag and an engaging smile.

Take initiative to talk to members within 15 seconds, who come within 10 feet of me.

Use the member's/guest's name in every possible interaction.

Be positive, helpful and welcoming at all times.

Build relationships with members and introduce them to other members, staff and volunteers.

Respect all member comments/complaints and follow-up within 24 hours to ensure satisfaction.

Share the YMCA charitable mission (tell the Y story) with members.

Deliver YMCA service responsibly, honestly, respectfully and with care.

Take responsibility to ensure that my area is clean at all times.

Take action to ensure members are safe when participating at the YMCA.

I WILL



SOCIAL MEDIA POSTS



CANADIAN CITIZENSHIP STUDY Groups

Volunteer facilitators will work with groups of clients to study materials relevant to the Canadian Citizenship Test.

Wednesdays at 10 am (in-person), Thursdays at 7 pm (virtual)

Starting This Fall!

Funded by:  Immigration, Refugees and Citizenship Canada Financé par : Immigration, Réfugiés et Citoyenneté Canada

Registration will be required



HEALTH & FITNESS ACTIVITIES

YMCA Sudbury

Join Immigrant Services Volunteer Zawad to have a tour of the YMCA facility, enroll in a fitness class, or participate in activities.

Starting Wednesday, September 28, 2022
Wednesdays 3:30-5:00 pm

Registration will be required

Funded by:  Immigration, Refugees and Citizenship Canada Financé par : Immigration, Réfugiés et Citoyenneté Canada

SOCIAL MEDIA POSTS



Canada-Ontario Job Grant (COJG)

ATTENTION EMPLOYERS!

Canada Ontario Job Grant provides eligible individual private and non-profit sector employers with up to \$10,000 in government support to purchase short-term training for a current or new employee.

Invest in your workforce!

705-674-2324 [CALL US TODAY](#)



Youth Job Connection (YJC) DROP IN



Krystal Sherrington
Employment Placement
Consultant

Madison Smith
Employment Placement
Consultant

Valerie Gour
Employment Placement
Consultant

ARE YOU A YOUNG ADULT LOOKING FOR WORK?

Meet our employment consultants and find out more about our program and how we can help.

YMCA Centre for Life at 5 Brady st. E,
Tuesday, November 1st 3:00-5:00 pm



SOCIAL MEDIA POSTS



POST CARD



POST CARD

MI
THANK YOU