

FOR IMMEDIATE RELEASE

MEDIA ADVISORY: Skills for Change provides tech education to seniors with Bridging the Gap program in the Hamilton area.

Hamilton, Ontario, March 4th, 2019 – Funded by The Dougher Fund at the Hamilton Community Foundation and Bell Let's Talk, the **Bridging the Gap** program at Skills for Change is an inter-generational learning project that provides **free technology training to seniors**, including the use of readily available technology such as tablets and smartphones. In addition, this project has a focus on mental health and reducing social isolation for seniors.

Volunteers and agency staff provide workshops and individualized training to assist seniors to connect with their community, develop new technology skills, and how to safely access online resources.

Workshops include:

- **Navigating the internet safely.** The internet has invaluable tools for seniors. We'll teach them how to access these tools (such as email, banking, research and more) safely and effectively.
- **How to avoid scams.** Seniors are often the targets of financial fraud online. We want to equip them with the language and knowledge to avoid these potentially devastating scams.
- **The ins-and-outs of online banking.** Internet banking is an everyday task we take for granted. We will help seniors become accustomed to the processes of online banking.

The Skills for Change Bridging the Gap program engages seniors and works to reduce social isolation while shining a spotlight on health and well-being through engaging activities, including:

- **One-on-one coaching**
- **Learning labs and classes**
- **Drop-ins and more**

These activities and learning settings are used as vehicles to empower seniors to increase their overall well-being, connection to the community, and empower them with the knowledge to use new technology safely.

More information on the Skills for Change **Bridging the Gap** program can be found at <https://skillsforchange.org/seniors/bridging-the-gap/>

Should your organization be interested in collaborating or if you know someone who might benefit from this initiative, e-mail Kathryn at kbakerreed@skillsforchange.org or call 226.922.7930

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