



WORKSHOPS

No cost to attend but registration is required. Please speak to staff. Dates, times and locations of the workshops on other side.

CAREER DECISION MAKING

Is the process of career decision making a mystery to you? Do you feel overwhelmed and lost with where to start? Then this is the workshop for you!

An interesting & interactive workshop to help you discover your values, do an interest assessment (basic computer skills required) and discuss hot jobs. Learn how to research the labour market, conduct informational interviews and create an elevator pitch.

Participants will gain the support and resources needed to start making informed decisions regarding training and career opportunities.

ACE THE INTERVIEW

Our interview workshop provides participants with a comprehensive understanding of the most feared component in job searching—the interview!

Participants are guided through the interview process, exploring what to do *before* the interview, what to do *at* the interview, and what to do *after* the interview.

Ace The Interview includes in-depth analysis of different types of interviews and interview questions, including a *how-to* answer the “tough 10” interview questions.

JOB SEARCH

If you have been job searching without success, it is time to consider a different approach.

Our successful job search workshop will identify various job search techniques that really do work. Concrete tips on how to identify what the employer needs and how to market yourself to meet this need will be discussed.

Learn where and how to look for jobs that may or may not be advertised.

Participants will also learn tools on how to plan and manage your time resulting in an effective job search.

YOUTH INFO SESSION

Two programs designed to help youth build the skills needed to succeed in life and work.

Ways2Work is a dynamic 6 week pre-employment and life skills training program, followed by 350 hour work placement. Participants are paid minimum wage to attend. Participants must be between 15-30 years of age and not working or in school.

Youth Job Connection pays participants minimum wage for 60 hours (over 4 weeks) to attend employment and life skills related sessions, followed by a paid work placement. Participants must be between 15-29 years of age, out of work, not in school full time or returning to school full time.

JOB SEEKERS NETWORK

Are you finding it challenging to stay motivated and positive with your job search?

Designed to tackle this challenge, the Job Seekers Network brings job seekers together in a comfortable, supportive environment to share job search tips, successes and difficulties.

Participants will learn how to identify their skills and values, build a personalized networking list and practice using social media and technology to enhance your job search.

This group meets once a week for 3 weeks and we are confident that once you get started you won't want it to end!

SECOND CAREER INFORMATION SESSION

If you have been laid off on or after January 1, 2005 and are considering going back to school, attend this session to receive an overview of the financial support offered through the Second Career Program.

Participants will gain critical information regarding eligibility and suitability for the program, how to research new career choices, how to identify eligible training programs and explore funding guidelines and financial feasibility.

A follow up appointment with an experienced 2nd Chance staff will be offered to continue the discussion regarding Second Career and next steps.