



# May 2022 Online Live Workshop Schedule-Oshawa

The Regional Municipality of Durham

Social Services Department Income and Employment Supports Division

Ontario Works 200 John Street West, Oshawa, ON L1J 2B4 Phone: 905-666-6239 or 1-888-721-0622 Fax: 905-432-7602

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>True2Life Lessons (Day 1 of 9)</b> 9:30 a.m.-12:00 p.m. <b>Targeting Your Resume</b> 1:30 p.m.-3:00 p.m.	<b>3</b> <b>Career Fit (Day 1 of 6)</b> 10:00 a.m.-12:00 p.m. <b>Taking Your Job Search Online</b> 1:30 p.m.-3:00 p.m. <b>Tuesdays with Ted "Animals &amp; Us"</b> 2:30 p.m.-4:00 p.m.	<b>4</b> <b>Day School &amp; Pathway Program Information Session</b> 1:00 p.m.-2:00 p.m. <b>Managing Anxiety (Day 1 of 8)</b> 1:30 p.m.-3:00 p.m. <b>Job Search Letters</b> 1:30 p.m.-3:00 p.m.	<b>5</b> <b>Wellness Journey "Motherhood"</b> 2:30 p.m.-4:00 p.m.	<b>6</b> <b>Program Information Session</b> 10:00 a.m.-12:00 p.m. <b>Employment Interviews</b> 1:30 p.m.-3:00 p.m.
<b>9</b> <b>Budgeting Dollars and \$ense</b> 1:30 p.m.-3:00 p.m. <b>Targeting Your Resume</b> 1:30 p.m.-3:00 p.m.	<b>10</b> <b>Tuesdays with Ted "Creativity"</b> 2:30 p.m.-4:00 p.m.	<b>11</b> <b>Effective Communication</b> 1:30 p.m.-3:00 p.m. <b>Centennial College Info Session</b> 2:00 p.m.-4:00 p.m.	<b>12</b> <b>Goal Setting</b> 1:30 p.m.-3:00 p.m. <b>Wellness Journey "Ontario: Yours to Discover"</b> 2:30 p.m.-4:00 p.m.	<b>13</b> <b>Program Information Session</b> 1:30 p.m.-3:30 p.m.
<b>16</b> <b>The SMART Consumer Part 1</b> 10:00 a.m.-12:00 p.m. <b>Targeting Your Resume</b> 1:30 p.m.-3:00 p.m. <b>Taking Your Job Search Online</b> 1:30 p.m.-3:00 p.m.	<b>17</b> <b>Durham College Info Session &amp; Tour</b> 2:00 p.m.-4:00 p.m. <b>Tuesdays with Ted "Energy"</b> 2:30 p.m.-4:00 p.m.	<b>18</b> <b>Program Information Session</b> 1:30 p.m.-3:30 p.m.	<b>19</b> <b>Tax Time Ready</b> 1:30 p.m.-3:30 p.m. <b>Wellness Journey "In the Garden"</b> 2:30 p.m.-4:00 p.m.	<b>20</b>
<b>23</b> <b>Office Closed</b>	<b>24</b> <b>Tuesdays with Ted "Memory &amp; Memories"</b> 2:30 p.m.-4:00 p.m.	<b>25</b> <b>Confidence Boost</b> 1:30 p.m.-3:00 p.m. <b>RentSmart Basics (1 of 3)</b> 1:30 p.m.-3:30 p.m.	<b>26</b> <b>Targeting Your Resume</b> 9:30 a.m.-11:00 a.m. <b>REACH Meet &amp; Greet</b> 1:30 p.m.-3:00 p.m. <b>Wellness Journey "More Humor!"</b> 2:30 p.m.-4:00 p.m.	<b>27</b> <b>Program Information Session</b> 9:30 a.m.-11:30 a.m. <b>Resilience: Reboot &amp; Rebuild</b> 1:30 p.m.-3:30 p.m.
<b>30</b> <b>The SMART Consumer Part 2</b> 10:00 a.m.-12:00 p.m. <b>Targeting Your Resume</b> 1:30 p.m.-3:00 p.m.	<b>31</b> <b>Tuesdays with Ted "The Human Body"</b> 2:30 p.m.-4:00 p.m.			

If you require this document in an accessible format, please contact 1-800-372-1102 ext. 2805

## Workshop Description

---

### **A Wellness Journey**

The act of reading and talking about books and stories can help people to achieve a more positive sense of wellness. This session offered every Thursday afternoon is a chance to connect with others, listen to a variety of readings on a different theme each week and share your thoughts in a small group.

### **Budgeting Dollars and \$ense**

Learn why budgets work and how to build a budget that works for you in simple, easy steps.

### **Career Fit**

(Series runs May 3, 4, 5, 10, 11, 12)

This is a six-module workshop offered over six afternoons. Career Fit is designed to help you find your “Career Fit”. Get a better understanding of your values, skills, and personality traits. Use this information to guide you in your career planning process. Learn how to research information related to careers and the labour market.

### **Centennial College Information Session**

Attend this 2-hour session to learn about programs, application process and deadlines to transition to post-secondary studies.

### **Confidence Boost**

Get a better understanding of confidence and self-esteem. 10 tips to boost your confidence.

### **Day School & Pathways Program Information Session**

Attend this one-hour session to learn about achieving credits towards your high school diploma, upgrading options and specialized training programs through Pathways available at Durham Continuing Education and Archbishop Anthony Meagher Continuing Education Centre's.

### **Diversity and Inclusion**

When we collaborate to achieve a common goal, everyone wins, especially the organization. Addressing Diversity, Equity and Inclusion is an opportunity for growth.

### **Durham College Information Session and Online Tour**

Attend this one-and-a-half-hour session to learn about programs, application process and deadlines to transition to post-secondary studies.

### **Effective Communication**

Tips to help recognize poor communication and how to strengthen your communication skills.

### **Employment Interviews**

Preparing you for a positive interview experience by showing you control, anticipating questions and using a no-fail format for answering questions.

### **Getting Ahead**

Getting Ahead in a Just Getting' by World is a curriculum that supports people in poverty as they create their own plan for stability. The powerful and very interactive Getting Ahead curriculum studies poverty from an individual and community level.

### **Goal Setting**

Explore different types of goals and how to create goals that work.

### **Job Search Letters**

Content and examples of Cover Letters follow up letters, Rejection Letters, Thank You letters and notes. Learn their importance and how adding them to your applications makes a difference.

### **Managing Anxiety**

(Series runs May 4, 11, 18, 25, June 1, 8, 15, 22)

This is an eight-day series offered every Wednesday afternoon, provides a confidential and safe place to normalize, share and learn about coping with anxiety.

**OSAP Information Session**

Financial Aid Specialist will share the process of funding your post-secondary education through Ontario Student Assistance Program (OSAP) with lots of opportunity to ask questions.

**Program Information**

General: Learn about Ontario Works programs in this all-in-one session and how to register for them.

**REACH Beyond**

(Series will be available in June)

An eight session coaching series designed for young adults between the ages of 18-30. This series helps young adults develop techniques and tools for mental health, self-management, and employability. Sessions will run over eight afternoons.

**REACH Meet & Greet**

A two-hour information session designed for young adults between the ages of 18-24. This session is an opportunity to learn more about resources available through one-on-one Employment Counselling and/or workshops.

An opportunity to share through conversations, with other participants who are under 24, Caseworkers and Employment Counsellors. We will explore a variety of topics and resources in supportive online environment.

**RentSmart Basics**

(Series runs May 25, 26, 27)

In today's challenging rental market, RentSmart Basics prepares renters to find housing and experience successful tenancies. In this workshop series, spread over three mornings, participants learn three Keys to Housing Success.

**Resilience: Reboot & Rebuild**

Comeback from difficulties with tips & techniques that rebuild your resilience. Listen to stories of others who have also suffered setbacks and have had real forward movement in restoring and refreshing their own inner strength.

**Taking Your Job Search Online**

Exploring social media sites as tools for job search as well as some popular local job search sites and how to prep for online interviews.

**Targeting Your Resume**

Going through each section of the resume, discussing how to target your resume and use an effective format to successfully pass screening software.

**Tax Time Ready**

Tax time doesn't have to feel overwhelming. Information, support and resources to assist you in preparing to file your federal income taxes.

**The SMART Consumer**

In this two-day workshop reflects on making wise choices as a consumer. Learn to recognize advertising influences, discover tips for smart shopping, spot common frauds and scams and understand your consumer rights.

**True2Life Lessons**

(Series runs May 2, 4, 6, 9, 11, 13, 16, 18, 20)

Discover, explore, and engage through nine life lesson modules focused on personal growth, improving relationships and problem-solving abilities. This workshop series will run over nine mornings.

**Tuesdays with Ted**

Spend some time connecting with others and sharing your thoughts in this video chat series. Each week we will present a different topic with a few related videos.

**WorkREADY (Research, Engage, Ability, Develop, Your next step)**

(Series will be available in June)

WorkREADY is a six-module workshop offered over six mornings. This workshop will focus on preparing to job search, resume and interview preparation and practice, as well as job maintenance. Participants will reflect on past employment, focus on current opportunities, and prepare to move forward with a new confidence in their ability to manage the job search.