



November 2021 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: 905-432-2929 or 1-877-264-5566 Fax: 905-432-7602

Monday	Tuesday	Wednesday	Thursday	Friday
1 REACH Beyond Begins (Day 1 of 8) 1:00 p.m.-4:00 p.m. Targeting Your Resume 1:30 p.m.-3:00 p.m.	2 True2Life Lessons Begins (Day 1 of 9) 9:30 a.m.-12:00 p.m. Taking Your Job Search Online 1:30 p.m.-3:00 p.m. Tuesdays with Ted "Rhythm & Breath" 2:30 p.m.-4:00 p.m.	3 Managing Anxiety Begins (Day 1 of 8) 1:30 p.m.-3:00 p.m. Job Search Letters 1:30 p.m.-3:00 p.m.	4 Employment Interviews 1:30 p.m.-3:00 p.m. Effective Communication 1:30 p.m.-3:00 p.m. Wellness Journey "Courage & Determination" 2:30 p.m.-4:00 p.m.	5 Program Information Session 10:00 a.m.-12:00 p.m.
8 Targeting Your Resume 1:30 p.m.-3:00 p.m. Budgeting Dollars and \$ense 1:30 p.m.-3:00 p.m.	9 Tuesdays with Ted "Laughter" 2:30 p.m.-4:00 p.m.	10 Program Information Session 1:30 p.m.-3:30 p.m.	11 Office Closed	12
15 Targeting Your Resume 1:30 p.m.-3:00 p.m.	16 WorkReady Begins (Day 1 of 6) 10:00 a.m.-12:00 p.m. Tuesdays with Ted "Animals & Us" 2:30 p.m.-4:00 p.m.	17 Durham College Info Session & Tour 2:00 p.m.-4:00 p.m.	18 Centennial College Info Session & Tour 1:30 p.m.-3:30 p.m.	19
22 The SMART Consumer Part 1 10:00 a.m.-12:00 p.m. Targeting Your Resume 1:30 p.m.-3:00 p.m.	23 Tuesdays with Ted "Creativity" 2:30 p.m.-4:00 p.m.	24 Confidence Boost 1:30 P.M.-3:00 p.m. OSAP Info Session 2:00 p.m.-4:00 p.m.	25 Targeting Your Resume 9:30 a.m.-11:00 a.m. REACH Meet & Greet 1:30 p.m.-3:00 p.m. Tax Time Ready 1:30 p.m.-3:30 p.m. Wellness Journey "Love & Affection" 2:30 p.m.-4:00 p.m.	26 Goal Setting 1:30 p.m.-3:00 p.m. Resilience: Reboot & Rebuild 1:30 p.m.-3:30 p.m.
29 The SMART Consumer Part 2 10:00 a.m.-12:00 p.m. Targeting Your Resume 1:30 p.m.-3:00 p.m.	30 Taking Your Job Search Online 1:30 p.m.-3:00 p.m. Tuesdays with Ted "Energy" 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

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 and Online Tour

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.

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

(Next available series will be available early 2022)

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

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 run November 01, 03, 05, 08, 10, 15, 17, 19)

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

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 will run November 02, 03, 04, 09, 10, 16, 17, 18, 23)

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 run November 16,17,18, 23, 24, 25)

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.