



September 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
			1 Budgeting Dollars and \$ense 10:00am to 12:00pm Wellness Journey “Love and Affection” 2:30pm to 4:00pm	2 Program Information Session 10:00am to 12:00pm
5 Office Closed	6 True2Life Lessons (Day 1 of 9) 9:30am to 12:00pm Tuesdays with Ted- “Cybersecurity” 2:30pm to 4:00pm	7 Employment Interviews 1:30pm to 3:00pm Managing Anxiety (Day 1 of 8) 1:30pm to 3:30pm	8 Confidence Boost 1:30pm to 3:00pm Wellness Journey “Learning and Growth” 2:30pm to 4:00pm.	9 Program Information Session 1:30pm to 3:30pm Taking Your Job Search Online 1:30pm to 3:00pm
12 The SMART Consumer Part 1 10:00am to 12:00pm Effective Communication 1:30pm to 3:00pm Targeting Your Resume 1:30pm to 3:00pm	13 Resilience: Reboot & Rebuild 1:30pm to 3:30pm Tuesdays with Ted- “Food Security and Technology” 2:30pm to 4:00pm	14	15 Job Search Letters 1:30pm to 3:00pm Wellness Journey “Hope” 2:30pm to 4:00pm.	16 Program Information Session 1:30pm to 3:30pm
19 The SMART Consumer Part 2 10:00am to 12:00pm RentSmart Basics (1 of 3) 1:30pm to 3:30pm Targeting Your Resume 1:30pm to 3:00pm	20 Goal Setting 1:30pm to 3:00pm Tuesdays with Ted- “Rhythm and Breath” 2:30pm to 4:00pm	21	22 Tax Time Ready 1:30pm to 3:30pm Wellness Journey “Inclusion & Belonging” 2:30pm to 4:00pm.	23 Program Information Session 10:00am to 12:00pm
26	27 Day School & Pathway Program Information Session 1:00pm to 2:00pm Tuesdays with Ted- “Laughter” 2:30pm to 4:00pm	28	29 Wellness Journey “Optimism & Positivity” 1:00pm to 2:30pm	30 Office Closed

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

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

Computer Basics

Computer Basics is a 6 day in person workshop designed to give you an understanding of the basic functions of a computer, laptop, and smart devices. Topics include Introduction to Windows, Microsoft Word, Teams, ZOOM and Google as well as an introduction to keyboard shortcuts and internet/internet safety.

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.

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 September 7, 14, 21, 28, October 5, 12, 19, 26)

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

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 September 19, 21, 23)

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 September 6, 7, 8, 13, 14, 15, 20, 21, 22)

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)

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.