



# June 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
	<p>1</p> <p><b>Taking Your Job Search Online</b> 1:30 p.m.-2:30 p.m.</p> <p><b>Tuesdays with Ted Topic: Food Security &amp; Technology</b> 2:30 p.m.-4:00 p.m.</p>	<p>2</p> <p><b>Managing Anxiety (Day 2 of 8)</b> 1:30 p.m.-3:00 p.m.</p> <p><b>Program Information</b> 1:30 p.m.-3:30 p.m.</p>	<p>3</p> <p><b>A Wellness Journey Topic: Food for Thought</b> 2:30 p.m.-4:00 p.m.</p>	<p>4</p> <p><b>Targeting Your Resume</b> 1:30 p.m.-2:30 p.m.</p>
<p>7</p> <p><b>The SMART Consumer Part 1</b> 10:00 a.m.-12:00 p.m.</p> <p><b>WorkREADY (Day 1 of 6)</b> 10:00 a.m.-12:00 p.m.</p> <p><b>Targeting Your Resume</b> 1:30 p.m.-2:30 p.m.</p> <p><b>Career Fit (Day 1 of 6)</b> 1:30 p.m.-3:30 p.m.</p>	<p>8</p> <p><b>Rent Smart Basics (Day 1 of 3)</b> 10:00 a.m.-12:00 p.m.</p> <p><b>WorkREADY (Day 2 of 6)</b> 10:00 a.m.-12:00 p.m.</p> <p><b>Durham College Information Session and Tour</b> 1:30 p.m.-3:30 p.m.</p> <p><b>Tuesdays with Ted Topic: Rhythm &amp; Breath</b> 2:30 p.m.-4:00 p.m.</p>	<p>9</p> <p><b>Rent Smart Basics (Day 2 of 3)</b> 10:00 a.m.-12:00 p.m.</p> <p><b>WorkREADY (Day 3 of 6)</b> 10:00 a.m.-12:00 p.m.</p> <p><b>Managing Anxiety (Day 3 of 8)</b> 1:30 p.m.-3:00 p.m.</p> <p><b>Tax Time Ready</b> 1:30 p.m.-3:30 p.m.</p>	<p>10</p> <p><b>Rent Smart Basics (Day 3 of 3)</b> 10:00 a.m.-12:00 p.m.</p> <p><b>A Wellness Journey Topic: Outdoor Adventures</b> 2:30 p.m.-4:00 p.m.</p>	<p>11</p> <p><b>Career Fit (Day 2 of 6)</b> 1:30 p.m.-3:30 p.m.</p>
<p>14</p> <p><b>The SMART Consumer Part 2</b> 10:00 a.m.-12:00 p.m.</p> <p><b>Targeting Your Resume</b> 1:30 p.m.-2:30 p.m.</p> <p><b>Career Fit (Day 3 of 6)</b> 1:30 p.m.-3:30 p.m.</p>	<p>15</p> <p><b>WorkREADY (Day 4 of 6)</b> 10:00 a.m.-12:00 p.m.</p> <p><b>Taking Your Job Search Online</b> 1:30 p.m.-2:30 p.m.</p> <p><b>Tuesdays with Ted Topic: Laughter</b> 2:30 p.m.-4:00 p.m.</p>	<p>16</p> <p><b>WorkREADY (Day 5 of 6)</b> 10:00 a.m.-12:00 p.m.</p> <p><b>Employment Interviews</b> 1:30 p.m.-2:30 p.m.</p> <p><b>Managing Anxiety (Day 4 of 8)</b> 1:30 p.m.-3:00 p.m.</p>	<p>17</p> <p><b>WorkREADY (Day 6 of 6)</b> 10:00 a.m.-12:00 p.m.</p> <p><b>A Wellness Journey Topic: Fatherhood</b> 2:30 p.m.-4:00 p.m.</p>	<p>18</p> <p><b>Program Information</b> 10:00 a.m.-12:00 a.m.</p> <p><b>Career Fit (Day 4 of 6)</b> 1:30 p.m.-3:30 p.m.</p> <p><b>Tax Time Ready</b> 1:30 p.m.-3:30 p.m..</p>
<p>21</p> <p><b>Targeting Your Resume</b> 1:30 p.m.-2:30 p.m.</p> <p><b>Career Fit (Day 5 of 6)</b> 1:30 p.m.-3:30 p.m.</p>	<p>22</p> <p><b>Confidence Boost</b> 1:30 p.m.-2:30 p.m.</p> <p><b>Tuesdays with Ted Topic: Animals &amp; Us</b> 2:30 p.m.-4:00 p.m.</p>	<p>23</p> <p><b>Managing Anxiety (Day 5 of 8)</b> 1:30 p.m.-3:00 p.m.</p> <p><b>OSAP Information Session</b> 2:00 p.m.-4:00 p.m.</p>	<p>24</p> <p><b>REACH Meet and Greet</b> 1:30 p.m.-3:00 p.m.</p> <p><b>A Wellness Journey Topic: Nature</b> 2:30 p.m.-4:00 p.m.</p>	<p>25</p> <p><b>Career Fit (Day 6 of 6)</b> 1:30 p.m.-3:30 p.m.</p> <p><b>Effective communication</b> 1:30 p.m.-3:30 p.m.</p>
<p>28</p> <p><b>Budgeting Dollars and \$ense</b> 10:00 a.m.-12:00 p.m.</p> <p><b>Targeting Your Resume</b> 1:30 p.m.-2:30 p.m.</p> <p><b>Goal Setting</b> 1:30 p.m.-2:30 p.m.</p>	<p>29</p> <p><b>Resilience: Reboot &amp; Rebuild</b> 1:30 p.m.-3:30 p.m.</p> <p><b>Tuesdays with Ted Topic: Creativity</b> 2:30 p.m.-4:00 p.m.</p>	<p>30</p> <p><b>Managing Anxiety (Day 6 of 8)</b> 1:30 p.m.-3:00 p.m.</p> <p><b>Program Information</b> 1:30 p.m.-3:30 p.m.</p>		

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

# Workshop Description

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## **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 weekly session 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**

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.

## **Confidence Boost**

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

## **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**

This is an eight-day, one to one-and half hour session for a confidential and safe place to normalize, share and learn about coping with anxiety.

## **Program Information**

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

## **REACH Meet and Greet**

Are you between the ages of 18 and 24? Attend the REACH Meet and Greet session to learn more about programs and services.

## **RentSmart Basics**

In today's challenging rental market, RentSmart Basics prepares renters to find housing and experience successful tenancies. Participants learn '3 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.

## **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 6-module online workshop with a focus on preparing for 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.