

WORKSHOPS & CERTIFICATIONS

YEARLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Scan to learn more about upcoming workshops or to complete registration!</p> 		1 CLOSED	2	3
6	7	8 50+ Club 10am - 12pm Working Through Interview Anxiety <i>Facilitated by CMHA</i> 10am - 12pm	9	10
13	14 Resume Clinic 2pm - 3:30pm	15	16 Healthy Living 1pm - 3pm	17
20	21	22	23	24
27	28	29 Interview Workshop 10am - 11:30am Financial Literacy <i>Budgeting</i> 1:30pm - 3:00pm	30	31

50+ JOB CLUB

First Wednesday of each month from 10am - 12pm

A job search support group for mature workers in transition or seeking new career options. Get tools, tips, resources, techniques and networking opportunities to help maximize your job search.

RESUME CLINIC (DROP-IN)

Drop in during the times on the calendar to get help with your resume in our Resource Centre. If you are writing a resume for the first time or would like to update your current resume, we can help.

FINANCIAL LITERACY

Join Cole & Lisa in a financial literacy workshop series and gain the knowledge, skills and confidence to make responsible financial decisions.

PREPARING FOR YOUR JOB INTERVIEW

An interactive workshop where we discuss different types of interviews, how to answer difficult interview questions, and how to build confidence to help you have a successful interview!

HEALTHY LIVING WORKSHOP

Keeping your body and mind healthy is important to best equip you for your job search and goal setting. We talk about tips for eating healthy, understanding nutrition labels and the food pyramid, as well as breathing techniques and yoga to help you manage stress and keep a positive mindset.

FIRST AID/AED/CPR "C" Certification

Contact us for more information

Training to learn the skills needed to handle first aid situations. An activity book, certificate and wallet card are included for both levels.

PLEASE NOTE

To attend and participate in certifications such as First Aid, you must contact us to register.

705-748-9110 or info@epcjobs.ca

