

Monday 8:30am-4:30pm	Tuesday 8:30am-4:30pm	Wednesday 8:30am-4:30pm	Thursday 8:30am-4:30pm	Friday 8:30am-4:30pm
3 INTAKES	4 INTAKES ABEA Presentation @ PATH 10am-1130am CLAC Skills for Steel 10am-12pm Centre 3: SHIFT Program (Cont'd)	5 INTAKES	6 INTAKES Centre 3: SHIFT Program @ PATH 10am-12pm ----- Maple Leaf Foods Job Fair 1pm-3pm	7
10 INTAKES	11 INTAKES March of Dimes Presentation 10am-12pm	12 INTAKES	13 INTAKES Let's Talk Disability 10am-12pm	14
17 INTAKES  <b>FAMILY DAY</b>  CLOSED	18 INTAKES	19 INTAKES Credit Counselling Society: " <i>Budget Breakers Workshop</i> " 10am-11am	20 INTAKES Mindful Life Workshop 10am-12pm	21
24 INTAKES Effective Job Search Strategies Workshop 10am-12pm	25 INTAKES	26 INTAKES	27 INTAKES	28 safeTALK Suicide Alert Training 12pm-4pm



# WORKSHOP DESCRIPTIONS

<b>Mindful Life Workshop</b>	<p>My Free Hamilton is a Hamilton community organization committed to connecting Hamilton's free wellness resources with a focus on mental health and overall balance. In this workshop, you will explore and practice some simple, practical and accessible mindfulness techniques.</p>
<b>Centre 3: SHIFT Program</b>	<p>[For Ages 15-29, Youth with Disabilities &amp; Mental Health] The SHIFT program is an innovative multi-week program specifically designed to use media, visual, and performance art as a vehicle for soft skills development. Soft skills developed in this program include assertive communication, conflict resolution, self-reflection, empathy, adaptability, team building, interpersonal skills, social perceptiveness, time management, leadership, critical thinking, innovation, and initiative.</p>
<b>ABEA Presentation</b>	<p><b>Adult Basic Education Association (ABEA)</b> is the learning network of Hamilton. We connect you with different programs and services in the city based on your educational and employment goals. Through our services, we can help you develop an action plan and reach your goals by setting you up for success</p>
<b>March of Dimes Presentation</b>	<p>March of Dimes Canada is a national organization committed to maximizing the independence, personal empowerment and community participation of people with physical disabilities. In this presentation, we will explore the different local March of Dimes Canada programs which help create a society inclusive of people with physical disabilities.</p>
<b>CCS: Budget Breaker</b>	<p><b>Sponsored by: Credit Counselling Society</b> - Participants will learn about the 3 of the biggest budget breakers (the little expenses, the irregular expenses, and the emergency expenses) and strategies to eliminate them from everyday worry.</p>
<b>Let's Talk Disability</b>	<p>Learn how and when to approach an employer. If you do disclose, learn if and when is the right time to share this information. Learn about hidden discrimination and how to request accommodations.</p>
<b>safeTALK</b>	<p>Half-day suicide alertness training that prepares those 15 yrs. &amp; up, regardless of prior experience or training, to become a suicide-alert helper, safeTALK trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks. <b>*Sponsored by Erich's Cupboard</b>  <a href="mailto:www.erichscupboard@gmail.com">www.erichscupboard@gmail.com</a></p>
<b>CLAC Info Session</b>	<p>Are you interested in construction? Attend this engaging information session with CLAC- the largest national, independent, multi-sector labour union in Canada</p>
<b>Effective Job Search Strategies</b>	<p>Teaches effective job search strategies including accessing the Hidden and Open Job Market. Learn all about improving your job search skills and ensuring you are putting your best foot forward in your job search. Topics include: job search websites, resume customization, applicant tracking systems, how to effectively network to get in front of employers and more!</p>