

## **EMPLOYMENT PROGRAM Group Descriptions**

**\*\*CLOSED GROUPS – Please sign up to secure your spot!\*\***

**Back in the Saddle** – An 12 week employment readiness program that takes place that the Horses At Heart Farm (17900 Dufferin St.), in which participants attend career readiness workshops once a week and also volunteer on the farm. Participants must apply for this program. Sign up with Nancy Gagnon at [ngagnon@cmha-yr.on.ca](mailto:ngagnon@cmha-yr.on.ca)

**Career Café** – Staff members from the employment program are available during this time for drop-in consultations regarding employment goals. Help is offered with job searching, résumé and cover letter writing, as well as career exploration.

**Humble Tiger**- Join the Employment Team in a three week experience as we discover the Humble Tiger; A guide to using self-compassion in Returning to Work. We will be exploring finding supports, how to fill out forms, and on the job stress relief tools including mindfulness and meditation!

**\*\* Closed group please call Erin to register at Extension 4248\*\*\***

**Job Search**-Find out the latest techniques, tips and tricks for finding employment. Topics will include using social media in your job search, informal interviews, the “hidden” job market and cold calling employers.

**\*\* Closed group please call Erin to register at Extension 4248\*\*\***

**Shine, in Job Fairs**-How to present yourself in the best light to make yourself stand out at a job fair. Learn what you will need to prepare for a job fair, how to create an elevator pitch and participate in some optional role play activities to further help you to feel ready

**\*\* Closed group please call Erin to register at Extension 4248\*\*\***

**Interview Skills**- Learn hands on interview skills, from reducing interview stressors and creating a good first impression to developing personalized answers to a variety of interview questions.

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