



# MAY Mental Health Awareness Month

## WORKSHOPS & CERTIFICATIONS

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>  <b>50+ Job Club</b> 10am - 12pm	<b>2</b>	<b>3</b>
<b>6</b>	<b>7</b>  <b>Drop-in Resume Workshop</b> 9:30am - 11am	<b>8</b>	<b>9</b>	<b>10</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> 	<b>17</b>
<b>20</b> 	<b>21</b>	<b>22</b>  <b>Interview Workshop</b> 10am  <b>CMHA Workshop</b> <i>Managing the Highs &amp; Lows of Job Searching</i> 10am-12pm	<b>23</b>  <b>Drop-in Resume Workshop</b> 2pm—3:30pm	<b>24</b>
<b>27</b>	<b>28</b>  <b>First Aid - Day 1</b>  <b>CMHA Workshop</b> <i>Working Through Interview Anxiety</i> 1pm - 3pm	<b>29</b>  <b>First Aid - Day 2</b>	<b>30</b>  Scan to learn more about upcoming workshops or to complete registration! 	<b>31</b> 



### CMHA WORKSHOPS

#### Managing the Highs and Lows of Job Searching

It can be a great feeling when you look at your strengths, interests and abilities and then find a job opening that is a perfect match.....it's exactly what you've been looking for! But what happens if you apply and don't get it on the first try? How do you keep trying without getting down and losing confidence? This workshop focuses on how to take care of yourself and build the resiliency to keep trying when challenged with feelings of defeat, frustration, discomfort, and fear throughout your job search.

#### Working Through Interview Anxiety

Do you feel anxious just thinking about job interviews? You are not alone! In this workshop, we will talk about what anxiety is, how it can impact your interview, and some strategies to help reduce this anxiety so that you can feel more confident in your next interview.

### EPC WORKSHOPS

#### 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.

#### 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!

**\*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**

