



MERRY CHRISTMAS AND A HAPPY NEW YEAR

The Growth Opportunities (GO) Program:

- Offers career counselling services including: needs assessment, career decision making, vocational assessment and testing as well as assistance with applications for government funding for training for eligible clients;
- Provides job search and interview coaching and support;
- Assists with resume and cover letter development.

ODSP Employment Supports provides:

- Service for approved ODSP Employment Supports clients;
- Assistance for ODSP clients looking for casual, part-time or full-time work;
- Guidance for employers and employees to increase job satisfaction and retention;
- Assistance to develop a plan to achieve clients' employment goal;
- Access to local job leads;
- Job coaching and ongoing support.

Christmas word Scramble

- leslb_____
- sdnealc_____
- Seelv_____
- sntaa_____
- tsgfi_____
- tawerh_____
- lahyido_____

Christmas Quiz

Which name is not one of Santa's reindeer

Comet ___ Prancer ___

Blitzen ___ Klaxon ___

Who wrote a Christmas Carol

- Mark Twain
- Charles Dickens
- Hans Christian Anderson
- Thomas M. Sawyer

BEWARE OF YOUR SOCIAL MEDIA-EMPLOYERS ARE LOOKING

Red flags for employers

1. Complaining about your job, co-workers, boss, or company
2. Use of foul or offensive language
3. Photo's showing you partying, drinking and doing drugs
4. Poor grammar/spelling
5. Gossiping
6. Too many selfies
7. Bullying



Easy Christmas Appetizer

- 1 pkg Brie cheese
- Apricot jam or cranberry sauce
- Chopped pecans
- 1 bag Tostitos scoops tortilla chips

How to make it:

Fill Tostitos scoops with a piece of brie
 Top with a little jam or cranberry sauce
 Sprinkle with pecans
 Place under broiler until cheese melts - watch closely

Word Scramble answers

- Bells, Candles, Elves, Santa, Gifts, Wreath., holiday-
- Christmas Quiz Answers**
- Klaxon
- Charles Dickens

ESSENTIAL SKILLS WORKSHOPS

NEW!

- ✓ Do you want to put yourself on the road to success?
- ✓ Have you been out of school for what seems like forever?
- ✓ Do you feel like you're missing the skills necessary to function well in a classroom again?
- ✓ Are you interested in a field, but don't have the experience needed to get started?

Essential Skills Workshops are flexible, personalized and supportive programs that will help you prepare to meet the needs and challenges of your future academic and career goals.

Our workshops will help to increase skills like:

- Problem solving, critical thinking and decision-making
- Time-management and organization
- Note and test taking
- Assignment preparation
- Research and citing
- Stress management

Durham College is currently offering the following workshops:

- Health Care Studies (with Standard First Aid & CPR Cert.)
- Daycare Worker Assistant (with Standard First Aid & CPR Cert.)
- Skilled Trades Helper (with WHIMIS/GHS Cert.)
- Hospitality (with SMART Serve Cert.)
- Clerical
- Landscaping & Grounds Maint. (with WHIMIS/GHS Cert.)
- Retail
- Computer Essentials
- Public Works & Maint. Labourer (with WHIMIS/GHS Cert.)

... AND MANY MORE!

WHAT YOU NEED TO KNOW...

- Workshops are generally scheduled for 2 to 4 hours each week over 6 to 8 weeks
- All programming is funded by the Ontario Ministry of Advanced Education and Skills Development and is FREE of charge
- Intake is ongoing, both on campus and within our community classrooms across Durham Region

Why Choose Durham College? Because your success matters!



To participate in either of these workshops, please contact your META counsellor for more information
905-725-0087

For persons with barriers and/or disabilities seeking employment!

META VOCATIONAL SERVICES INC.

WIN

WIN



Pre-employment Workshop



EMOTIONAL INTELLIGENCE



Call our office today at
905-725-0087
to register!

FREE FOUR WEEKS WORKSHOP

During the workshop you will:

- Identify strengths and area of improvement
- Identify job skills/values/interests
- Motivated and set realistic goals
- Implement solutions to problems
- Communicate effectively with employers/customers
- Implement coping techniques to deal with stress
- Promote optimism and self actualization

WORKPLACE INTELLIGENCE NECESSITIES (WIN) is a psycho-educational resource that fosters emotional intelligence and workplace skills. Research shows that individuals tend to be more successful with their employment outcomes when they possess certain key emotional and social competencies—(Michelle Cormier).



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For persons with barriers and/or disabilities seeking employment!