



DECEMBER
2017



15 Thickson Rd. N., U6, Whitby, ON L1N 8W7 Telephone: (905) 725-0087

SERVING PEOPLE WITH A DISABILITY

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.

WIN A GIFT CARD

Drop in at Meta between December 1-22, 2017, with a non-perishable item or an unwrapped toy and your name will be entered in a draw to win a \$50 dollar gift card for Walmart.. META will be donating the items to support the local toy and food drive with Durham Regional Police and Whitby Fire Department.

HOLIDAY COMMUNITY EVENTS.....

Friday November 24, 2017 - Celebrate the holiday spirit with local businesses at **Christmas in the Village**, from 6-8 pm at Brooklin Grass Park.

Friday December 1, 2017 – **Annual Christmas Tree Lighting**. Take the family out to see the Whitby annual Christmas Tree lighting to kick off the start of the holiday season.

Saturday December 2, 2017 - Santa is coming to town. See him in the **Christmas Parade**, starting at 10 am on Brock Street in Whitby.

Sunday December 31, 2017 – Ring in the New Year with a town celebration with your family at the **New Year's Evening Fun for Families** at Iroquois Park from 6-9 pm.

LET'S BAKE....

Looking for a gorgeous and deliciously simple shortbread recipe? Look no further. These easy to make Chocolate-Dipped Brown Sugar Shortbread Cookies taste as good as they look!

1 cup unsalted butter, softened
1/2 cup packed brown sugar
1/2 tsp. salt
2-1/4 cups flour
4 oz. (1/2 of 225-g pkg.) Baker's Sweet Chocolate, chopped

Heat oven to 325°F.

Beat butter, sugar and salt in large bowl with mixer until light and fluffy. Gradually add flour, mixing well after each addition.

Pat or roll dough into 12x8-inch rectangle on parchment-covered baking sheet. Cut into 8 lengthwise strips, then crosswise into 6 strips. Do not separate strips.

Bake 20 to 25 min. or until cookies are crisp and lightly browned. Cool on baking sheet 5 min. Remove to wire rack; cool completely. Break apart into 48 cookies.

Melt chocolate as directed on package. Diagonally dip cookies into chocolate; shake gently to let excess chocolate drip off. Return to prepared baking sheet. Let stand 30 min. or until chocolate is firm.

Ontario passed landmark legislation that will bring more fairness to Ontario workplaces and create more security and opportunity for vulnerable workers and their families.

The Act will raise the minimum wage, ensure more fairness for part-time and contract workers, expand personal emergency leave and step up enforcement of employment laws.

The [Fair Workplaces, Better Jobs Act, 2017](#) will:

**Raise Ontario's general minimum wage to \$14 per hour on January 1, 2018, and then to \$15 on January 1, 2019, followed by annual increases at the rate of inflation

For more information, on the proposed changes visit...

<https://news.ontario.ca/.../ontario-passes-legislation-to-create-fair-workplaces-better-jo...>

Job Search Workshop

Learn how to create a resume to market your skills and experiences; learn how to create a cover letter and thank you letter. Increase your confidence with our interview skills preparation where you will be asked real interview questions that match your job goal.

Career Transitions Workshop

This workshop will assist individuals who need to change their career due to a disability, lay-off or job loss. This hands-on- workshop includes career exploration activities that will help you make a realistic career decision.

Training Preparation Workshop

This workshop assists people who are applying for Second Career funding. Instructions are provided to help you complete your research. A training package will be provided for you to complete your research and financial forms that is required with your application.

Please note: These workshops are open to registered META clients. A referral from your META Counsellor is required to participate in these workshops



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Hours of Operation:
Monday to Friday
8:00 am to 4:30 pm

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.

Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. _____ to the world!

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