

## Free Workshops @ EPC November

To view the available workshops, and to register, please visit [www.epcjobs.ca/fbworkshops](http://www.epcjobs.ca/fbworkshops) or call 705-748-9110

### 50+ JOB CLUB

10 am-12 pm

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 job search.

### #WorkLife Hacks

Online Tues 11am-12:30pm

Please register in advance.

In-person Thurs 6:00-7:30pm

A casual style meet-up where we share tips and strategies for dealing with common workplace challenges and support people working on their goals. If you're trying to make changes or have big goals that you're working towards, we're here to help.

### JOB SEARCHING FOR EVERYONE

11 am-12 pm

Job searching can be overwhelming. Learn about the job search process and techniques that will maximize your present job search.

### PRACTICING SELF-CARE WHILE JOB SEARCHING

10 am-11 am

Feeling overwhelmed and anxious during these strange days and times of COVID-19? Looking for work but losing your motivation and positivity? Learn tips for taking care of yourself and maintaining an active and productive job search during COVID-19.

### EFFECTIVE NETWORKING STRATEGIES FOR LINKEDIN 10:30 am-11:30 am

This workshop is designed to provide job seekers, career changers, students and entrepreneurs with specific insight into the role that LinkedIn plays in job searching and networking success.

### HEALTHY BODY, HEALTHY MIND

10:30 am-11:30 am

Keeping your body and mind healthy is important for your job search. Different topics will be covered each month that focus on healthy eating, as well as tips and techniques to manage stress and calm the mind, so that you are better equipped to maintain your focus and reach your job search goals.

### PREPARING FOR YOUR JOB INTERVIEW


9:30 am-11:00 am

An interactive workshop where we discuss different types of interviews, how to answer difficult questions and build confidence to help you have a successful interview!

### RESUME WRITING

11 am-12 pm

Your resume is often your first impression. Building a great resume is about understanding what employers are looking for.

| Mon | Tue                                         | Wed                                           | Thu                                                                                                          | Fri |
|-----|---------------------------------------------|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----|
| 1   | 2<br>#WorkLife Hacks                        | 3<br>50+ Job Club<br><br>Practicing Self-Care | 4<br>#WorkLife Hacks                                                                                         | 5   |
| 8   | 9<br>#WorkLife Hacks                        | 10                                            | 11<br>#WorkLife Hacks<br> | 12  |
| 15  | 16<br>#WorkLife Hacks                       | 17                                            | 18<br>#WorkLife Hacks                                                                                        | 19  |
| 22  | 23<br>#WorkLife Hacks<br><br>Resume Writing | 24<br>Preparing for Your Job Interview        | 25<br>#WorkLife Hacks                                                                                        | 26  |
| 29  | 30<br>#WorkLife Hacks<br><br>Job Searching  |                                               |                                                                                                              |     |

**FIRST AID (Emergency) & CPR LEVEL "C" \$95.00**

**Standard First Aid / AED / CPR "C" Certification \$135.00**

This is a blended program—Online portion completed independently, followed by in-person classroom portion. Participants **MUST** fully complete the online portion before arriving at EPC for in-class portion.

Training to learn the skills needed to handle first aid situations. An activity book, certificate and wallet-card are included for both levels. (Maximum number of participants per class will be limited to 9.)

**GED PRE-TEST \$50.00**

Used to determine the preparation required to successfully complete the Official GED Tests. GED study guides can be purchased for \$30. Contact for more info and to schedule test time.

**SERVICE EXCELLENCE DYNAMICS ONLINE \$62.15**

This training program focuses on creating positive first impressions and promoting loyal customers for repeat business in the hospitality, retail or service industry. (Available by contacting EPC.)

**SMART SERVE ONLINE \$39.50**


Training provides employees with information legally required for responsible beverage service in the Province of Ontario. Certification is required for anyone 18 years of age who is currently employed or seeking employment in a licensed establishment where alcohol is served. (Available by contacting EPC.)

**WHMIS 2015 CERTIFICATION ONLINE \$16.95**

This program was developed by Workplace Safety and Prevention Services to help workers avoid injury and illness associated with handling hazardous materials. A certificate and wallet card will be issued upon successful completion. (Available by contacting EPC.)

## Certifications @ EPC November 2021

Online at [epcjobs.ca](http://epcjobs.ca), Call 705.748.9110 or  
Visit us at 418 Sheridan Street today!

| Mon | Tue | Wed                                | Thu                                                                                       | Fri |
|-----|-----|------------------------------------|-------------------------------------------------------------------------------------------|-----|
| 1   | 2   | 3<br>Standard First<br>Aid/AED/CPR | 4                                                                                         | 5   |
| 8   | 9   | 10                                 | 11<br> | 12  |
| 15  | 16  | 17                                 | 18                                                                                        | 19  |
| 22  | 23  | 24                                 | 25                                                                                        | 26  |
| 29  | 30  |                                    |                                                                                           |     |