

Free Workshops @ EPC January

To view the available workshops, and to register, please visit <http://www.epcjobs.ca/workshops> or call 705-748-9110

50+ JOB CLUB

10:00 am-12:00 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 your job search.

#WORKLIFE HACKS

By appointment only

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.

REIMAGINE YOURSELF

Please Contact

A work and career exploration series of workshops. Please contact for more information.

HEALTHY LIVING—BODY, MIND, SOUL

10:00 am-12:00 pm

Keeping your body and mind healthy is important for your job search and goal setting. Lisa will focus on tips for eating healthy, such as understanding nutrition labels and the food pyramid. Yoga and breathing techniques will also be discussed.

JOB SEARCHING

2:30 pm-3:30 pm

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

FINANCIAL LITERACY

10:30 am-12:00 pm

Join Cole & Lisa in a financial literacy workshop series and gain the knowledge, skills and confidence to make responsible financial decisions.

PREPARING FOR YOUR JOB INTERVIEW

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 CLINIC (DROP-IN)

2:00 pm-5:00 pm

Drop in anytime between 2 pm and 5 pm on January 12 to get help with your resume in the Resource Centre. If you are writing a resume for the first time or who would like to update your resume to make it stand out to an employer, we can help.

BETTER JOBS ONTARIO—FUNDING FOR TRAINING

2:30 pm-3:30 pm

Information session related to Better Jobs Ontario, including an overview of the program, applicant eligibility and suitability, the application process, eligible training programs, and next steps.

Mon	Tue	Wed	Thu	Fri
2 	3	4 50+ Job Club	5	6
9	10	11	12 Resume Clinic (Drop-In)	13 Healthy Living—Body, Mind, Soul
16	17	18 Financial Literacy—Exploring Our Relationship with Money	19 Job Searching	20
23	24	25 Better Jobs Ontario—Funding for Training	26	27
30	31			

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

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

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).

Blended—Online portion completed independently, followed by in-person 1-day classroom portion. Participants **MUST** fully complete the online portion before arriving at EPC for in-class portion.

In-person—2-day in-person.

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

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 \$44.95


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 \$32.77

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 January 2023

Online at epcjobs.ca, Call 705.748.9110 or
Visit us at 418 Sheridan Street today!

Mon	Tue	Wed	Thu	Fri
2 	3	4	5	6
9	10	11	12	13
16 First Aid & CPR (2-Day In-person)	17 First Aid & CPR (2-Day In-person & Blended)	18	19	20
23	24	25	26	27
30	31			