



Summer 2010

Welcome to the Summer 2010 Edition of our program newsletter! I hope this letter finds you well and enjoying the lovely weather we've been having. It seems as though when it's bright and sunny out, people's spirits seem to lift as well.

We have some exciting new services to offer our participants as you'll see in the mid-section of the newsletter - 3 new workshops to assist those persons ready to move forward to employment.

The project has had many successes and we've helped a lot of people make positive changes. We're very grateful for the opportunity to do so and we are very thankful for those of you who have referred your friends and family members. We welcome your referrals!

Have a wonderful summer!

Regards, *Sandy*

Program Manager

Work joyfully and peacefully, knowing that right thoughts and right efforts will eventually bring about right results.

James Allen

Moving Forward



opportunitiesforemployment

HOPE IN ACTION

Work Readiness for
Persons with a Disability
Main Floor
352 Donald Street
Winnipeg, MB R3B 2H8

Spotlight on Participants

"From the first time I walked through the doors, I had the strangest feeling this would be the facility that would start to re-build the broken pieces and shattered dreams of a lonely and confused person. I was a 50-year old man who had been stripped of all self-pride, self-confidence and self worth. The first person that I spoke with, the receptionist, is a very kind and professional young lady. She took the time and compassion to assure me that this is the first day of a new life, and if I remain positive and focused, anything is possible (she was right!). I then proceeded to meet two individuals that would become my rock and anchors to sustain me through my challenges and barriers. The first was Heidi. She became my consultant, guided me and encouraged every step of the way. She made me feel and see my potential, and how to stay on track. Another young lady by the name of Lorelie is an individual who took a computer illiterate 50-year old man with no skill or confidence and transformed me into a confident, focused person who has a lot of potential and gifts to give back to society. I would like to say to any individuals who are currently experiencing difficulties in their own unique circumstances to come through the OFE doors and talk to any of the fine staff members. You will be treated like gold, and start your own personal journey to hope and meaningful employment."

- James

Spotlight on the Program

We now have three new workshops available to our participants - **Job Retention**, a workshop designed to explore apprehensions about work, expectations of work, coping strategies for stress or conflict in the workplace, and time management skills. **Job Preparation** is designed for those ready for work, and will help participants with résumé and cover letter development, as well as give practice for common interview styles, questions and techniques. **Money Management**, commencing at the end of May, will give participants the basic skills to manage their finances upon finding employment.

Contact us...

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