



## Winter 2009

Season's Greetings! We have had a busy last quarter with many participants engaging in training, exploring volunteering options and securing employment. How exciting to see so many lives changed! For some, it's been a time of reflection as the year draws to a close. If you feel the new year is a time for change, the team is here to support you!

If you haven't been here in a while, we'd like to invite you to join in and meet again at our Christmas Open House. It will be held on Friday December 4th, from 11:00 a.m. to 2:00 p.m. on the Main Floor with light refreshments served. Come partake with us in the spirit of the season! Looking forward to seeing you!

Warmest regards,

*Sandy*

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## Moving Forward



opportunitiesforemployment

HOPE IN ACTION

Work Readiness for  
Persons with a Disability  
Main Floor  
352 Donald Street  
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### Spotlight on Participants

*I asked my EIA Case Coordinator about what my next step would be since my health improved. She referred me to OFE, where I took the computer classes and a life skills course, which would give me the confidence I needed as I hadn't worked in almost 10 years. Shortly after I started volunteering at OFE, a position became available and I was hired!*

*Before long, I found out I could stay on permanently and 2 months later, I was reading my own testimonial in front of other job seekers who were exactly where I started 8 months ago! I couldn't have done it without the support of having Motivational Interviews, and without them, I probably would not have been ready to work. OFE and the staff here have helped to make my life so much better!*

- Cassandra

### Spotlight on our Program

Weekly support groups are available every Friday at 11:00 to noon, Room M, Main Floor - no appointment required!

### Talking About Invisible Disabilities: Career Planning, Job Search and the Need to Disclose

When you have a non-visible disability, you're living with a chronic condition that can't be seen. The list includes mental illness, learning disabilities, developmental disabilities, brain injuries, diabetes, arthritis, fibromyalgia, epilepsy, chemical sensitivities, Crohn's disease, heart disease, cancer, migraines, etc. Many people in the workplace have an invisible disability. If that's you, you may be concerned that it may be harder to find work and to decide what or when to disclose this information.

Unless your disability may put you or someone at risk, disclosure is a personal choice. Helpful hints:

- Take time to identify the kind of work you're able to do. Apply for positions you know you can handle.
- Research the organization to which you are applying to learn about the company and make sure they focus on your potential.
- Make a list of what you need to be successful and work toward it.
- If needed, meet with Heidi to revisit your Vocational Rehabilitation plan.

*"Ability is what you're capable of doing. Motivation determines what you can do. Attitude determines how well you do it."*

- Lou Holtz, Football Coach