



## Stages of Change for Persons with a Disability

### General information about the process your clients will experience in the project:

- Attend an Intake appointment (please allow one hour) - sessions are ongoing
- Attend a 3-hour motivational workshop or a 1-hour motivational counselling session, or both (additional sessions available weekly)
- Meet with staff to develop a training/employment plan
- External referrals to other community agencies to provide additional support as needed
- Regular contact to assess progress and reassess if required
- 6-month follow-up service

### Additional Project Supports:

- Twice weekly drop-in support groups available (1 hr)
- Access to computers for job searching
- Quarterly informational newsletter
- Work Preparation and Work Retention workshops held weekly (1.5 hrs)
- Money Management Basics workshop held biweekly (2 hrs)
- Résumé preparation
- Interview preparation
- Job search information sessions Mon-Thurs at 9:30 am (0.5 hrs)
- Employer Forums held on site monthly - clients can be notified of dates by email
- Telephone appointments available
- On-site support visits to training site or workplace as requested
- Resource materials available

For further information, please call Sandra Benavidez, Program Manager at **(204) 975-2010** or e-mail [sandrab@ofe.ca](mailto:sandrab@ofe.ca).

You can e-mail your referrals to: [ofe4change@ofe.ca](mailto:ofe4change@ofe.ca). Participants must be over 18 years of age, living with a diagnosed disability, be receiving EIA Disability benefits and/or have an open file with the Vocational Rehabilitation Program.

Please visit our new web site at [www.ofe.ca](http://www.ofe.ca)

Since inception, the Project has enjoyed consistently high results, supporting the proven Stages of Change research (see Research section on OFE web site). We have the capacity to assist more of your clients, and continue to welcome your referrals.



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