

Tuesday, July 2, 2024

Smart Consumer (Part 1)

Date and Time: Tuesday, July 2 1:30 pm - 3:30 pm

Address: Virtual

In this two-day workshop reflects on making wise choices as a consumer. Learn to recognize advertising influences, discover tips for smart shopping, spot common frauds and scams and understand your consumer rights.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Tuesdays with Ted

Date and Time: Tuesday, July 2 2:30 pm - 4:00 pm

Address: Virtual

Spend some time connecting with others and sharing your thoughts in this video chat series. Each week we will present a different topic with a few related videos.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#).

Thursday, July 4, 2024

Smart Consumer (Part 2)

Date and Time: Thursday, July 4 1:30 pm - 3:30 pm

Address: Virtual

In this two-day workshop reflects on making wise choices as a consumer. Learn to recognize advertising influences, discover tips for smart shopping, spot common frauds and scams and understand your consumer rights.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

A Wellness Journey "Humour, Jokes, and Blunders"

Date and Time: Thursday, July 4 2:30 pm - 4:00 pm

Address: 200 John St W. - Resource Centre, Upper Level

The act of reading and talking about books and stories can help people to achieve a more positive sense of wellness. This session offered every Thursday afternoon is a chance to connect with others, listen to a variety of readings on a different theme each week and share your thoughts in a small group.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#).

Friday, July 5, 2024

Overview of Workshops and Community Resources

Date and Time: Friday, July 5 9:30 am - 12:00 pm

Address: 200 John St. W - Upper Level, Resource Centre

Learn about Ontario Works programming and community supports in this all-in-one session and how to register for them.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Tuesday, July 9, 2024

True2Life Lessons (Day 1 of 9)

Date and Time: Tuesday, July 9 9:30 am - 12:00 pm

Address: Virtual

Dates: July 9, 10, 11, 16, 17, 18, 23, 24, 25

Discover, explore, and engage through nine life lesson modules focused on personal growth, improving relationships and problem-solving abilities. This workshop series will run over nine mornings.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Tuesdays with Ted

Date and Time: Tuesday, July 9 2:30 pm - 4:30 pm

Address: Virtual

Spend some time connecting with others and sharing your thoughts in this video chat series. Each week we will present a different topic with a few related videos.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#).

Wednesday, July 10, 2024

True2Life Lessons (Day 2 of 9)

Date and Time: Wednesday, July 10 9:30 am - 12:00 pm

Address: Virtual

Dates: July 9, 10, 11, 16, 17, 18, 23, 24, 25

Discover, explore, and engage through nine life lesson modules focused on personal growth, improving relationships and problem-solving abilities. This workshop series will run over nine mornings.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Thursday, July 11, 2024

True2Life Lessons (Day 3 of 9)

Date and Time: Thursday, July 11 9:30 am - 12:00 pm

Address: Virtual

Dates: July 9, 10, 11, 16, 17, 18, 23, 24, 25

Discover, explore, and engage through nine life lesson modules focused on personal growth, improving relationships and problem-solving abilities. This workshop series will run over nine mornings.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Budgeting Dollars and Sense

Date and Time: Thursday, July 11 10:00 am - 12:00 pm

Address: Virtual

Learn why budgets work and how to build a budget that works for you in simple, easy steps.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

A Wellness Journey "Roads, Cars and Road Trips"

Date and Time: Thursday, July 11 2:30 pm - 4:00 pm

Address: Virtual

The act of reading and talking about books and stories can help people to achieve a more positive sense of wellness. This session offered every Thursday afternoon is a chance to connect with others, listen to a variety of readings on a different theme each week and share your thoughts in a small group.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Friday, July 12, 2024

Overview of Workshops and Community Resources

Date and Time: Friday, July 12 9:30 am - 12:00 pm

Address: Virtual

Learn about Ontario Works programming and community supports in this all-in-one session and how to register for them.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Durham College Info Session & Tour

Date and Time: Friday, July 12 1:00 pm - 2:30 pm

Address: Virtual

Attend this one-and-a-half-hour session to learn about programs, application process and deadlines to transition to post-secondary studies

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Tuesday, July 16, 2024

True2Life Lessons (Day 4 of 9)

Date and Time: Tuesday, July 16 9:30 am - 12:00 pm

Address: Virtual

Dates: July 9, 10, 11, 16, 17, 18, 23, 24, 25

Discover, explore, and engage through nine life lesson modules focused on personal growth, improving relationships and problem-solving abilities. This workshop series will run over nine mornings.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Day School & Pathway Program Information Session

Date and Time: Tuesday, July 16 10:00 am - 11:30 am

Address: Virtual

Attend this one-hour session to learn about achieving credits towards your high school diploma, upgrading options and specialized training programs through Pathways available at Durham Continuing Education and Archbishop Anthony Meagher Continuing Education Centre's.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Tuesdays with Ted

Date and Time: Tuesday, July 16 2:30 pm - 4:30 pm

Address: Virtual

Spend some time connecting with others and sharing your thoughts in this video chat series. Each week we will present a different topic with a few related videos.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#).

Wednesday, July 17, 2024

True2Life Lessons (Day 5 of 9)

Date and Time: Wednesday, July 17 9:30 am - 12:00 pm

Address: Virtual

Dates: July 9, 10, 11, 16, 17, 18, 23, 24, 25

Discover, explore, and engage through nine life lesson modules focused on personal growth, improving relationships and problem-solving abilities. This workshop series will run over nine mornings.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self Referral Form](#)

Thursday, July 18, 2024

True2Life Lessons (Day 6 of 9)

Date and Time: Thursday, July 18 9:30 am - 12:00 pm

Address: Virtual

Dates: July 9, 10, 11, 16, 17, 18, 23, 24, 25

Discover, explore, and engage through nine life lesson modules focused on personal growth, improving relationships and problem-solving abilities. This workshop series will run over nine mornings.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

A Wellness Journey "Love of Music"

Date and Time: Thursday, July 18 2:30 pm - 4:00 pm

Address: 200 John St. W - Upper Level, Resource Centre

The act of reading and talking about books and stories can help people to achieve a more positive sense of wellness. This session offered every Thursday afternoon is a chance to connect with others, listen to a variety of readings on a different theme each week and share your thoughts in a small group.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Friday, July 19, 2024

Overview of Workshops and Community Resources

Date and Time: Friday, July 19 9:30 am - 12:00 pm

Address: 140 Commercial Ave, Ajax

Learn about Ontario Works programming and community supports in this all-in-one session and how to register for them.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Monday, July 22, 2024

Managing Emotions

Date and Time: Monday, July 22 1:30 pm - 3:30 pm

Address: Virtual

Attend this 2-hour session to learn about Emotional Intelligence (IQ) and strategies to coping with anger. Topics covered will include: defining emotions and feelings, six- basic emotions, managing difficult emotions, rule of 12, de-escalation techniques, window of tolerance, and grounding activities.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Tuesday, July 23, 2024

True2Life Lessons (Day 7 of 9)

Date and Time: Tuesday, July 23 9:30 am - 12:00 pm

Address: Virtual

Dates: July 9, 10, 11, 16, 17, 18, 23, 24, 25

Discover, explore, and engage through nine life lesson modules focused on personal growth, improving relationships and problem-solving abilities. This workshop series will run over nine mornings.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Tuesdays with Ted

Date and Time: Tuesday, July 23 2:30 pm - 4:00 pm

Address: Virtual

Spend some time connecting with others and sharing your thoughts in this video chat series. Each week we will present a different topic with a few related videos.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#).

Wednesday, July 24, 2024

True2Life Lessons (Day 8 of 9)

Date and Time: Wednesday, July 24 9:30 am - 12:00 pm

Address: Virtual

Dates: July 9, 10, 11, 16, 17, 18, 23, 24, 25

Discover, explore, and engage through nine life lesson modules focused on personal growth, improving relationships and problem-solving abilities. This workshop series will run over nine mornings.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Seneca College Information Session

Date and Time: Wednesday, July 24 2:30 pm - 4:00 pm

Address: Virtual

Attend this 2-hour session to learn about programs, application process and deadlines to transition to post-secondary studies.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Thursday, July 25, 2024

True2Life Lessons (Day 9 of 9)

Date and Time: Thursday, July 25 9:30 am - 12:00 pm

Address: Virtual

Dates: July 9, 10, 11, 16, 17, 18, 23, 24, 25

Discover, explore, and engage through nine life lesson modules focused on personal growth, improving relationships and problem-solving abilities.

es. This workshop series will run over nine mornings.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

A Wellness Journey "Nature & Trees"

Date and Time: Thursday, July 25 2:30 pm - 4:00 pm

Address: Virtual

The act of reading and talking about books and stories can help people to achieve a more positive sense of wellness. This session offered every Thursday afternoon is a chance to connect with others, listen to a variety of readings on a different theme each week and share your thoughts in a small group.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#).

Friday, July 26, 2024

Overview of Workshops and Community Resources

Date and Time: Friday, July 26 9:30 am - 12:00 pm

Address: Virtual

Learn about Ontario Works programming and community supports in this all-in-one session and how to register for them.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Monday, July 29, 2024

Staying Ahead Connections

Date and Time: Monday, July 29 1:30 pm - 3:30 pm

Address: 200 John St W. - Resource Centre, Upper Level

Recent Getting Ahead Graduates continue to share their experiences and grow as they continue to work on their future stories.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Tuesday, July 30, 2024

Centennial College Info Session & Tour

Date and Time: Tuesday, July 30 2:00 pm - 4:00 pm

Address: Virtual

Attend this 2-hour session to learn about programs, application process and deadlines to transition to post-secondary studies.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

Tuesdays with Ted

Date and Time: Tuesday, July 30 2:30 pm - 4:30 pm

Address: Virtual

Spend some time connecting with others and sharing your thoughts in this video chat series. Each week we will present a different topic with a few related videos.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#).

Wednesday, July 31, 2024

OSAP Information Session

Date and Time: Wednesday, July 31 2:00 pm - 4:00 pm

Address: Virtual

Financial Aid Specialist will share the process of funding your post-secondary education through Ontario Student Assistance Program (OSAP) with lots of opportunity to ask questions.

To register: Please contact your Ontario Works Case Coordinator or complete the [Workshop Self-Referral Form](#)

<https://calendar.durham.ca>