

## Tuesday, April 2, 2024

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### Overview of Workshops and Community Resources

Date and Time: Tuesday, April 2 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.

### Tuesdays with Ted

Date and Time: Tuesday, April 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.

## Wednesday, April 3, 2024

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### Managing Anxiety (Day 1 of 8)

Date and Time: Wednesday, April 3 1:30 pm - 3:30 pm

Address: Virtual

This is an eight-day series offered every Wednesday afternoon, provides a confidential and safe place to normalize, share and learn about coping with anxiety.

**To register:** Please contact your Ontario Works Case Coordinator.

## Thursday, April 4, 2024

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### Staying Ahead Connections

Date and Time: Thursday, April 4 9:30 am - 12:00 pm

Address: Virtual

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.

## Hope to Happiness Meet and Greet

Date and Time: Thursday, April 4 1:30 pm - 2:00 pm

Address: Virtual

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

## Wellness Journey "World Health Day"

Date and Time: Thursday, April 4 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.

## Friday, April 5, 2024

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## Hope to Happiness Meet and Greet

Date and Time: Friday, April 5 9:30 am - 10:00 am

Address: Virtual

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

## Overview of Workshops and Community Resources

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

Address: 200 John Street Upper Level, Oshawa

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.

## Monday, April 8, 2024

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### Day School & Pathway Program Information Session

Date and Time: Monday, April 8 1:30 pm - 3:00 pm

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.

### Tax Time Ready

Date and Time: Monday, April 8 1:30 pm - 3:30 pm

Address: Virtual

Tax time doesn't have to feel overwhelming. Information, support, and resources to assist you in preparing to file your federal income taxes.

**To register:** Please contact your Ontario Works Case Coordinator.

## Tuesday, April 9, 2024

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### Overview of Workshops and Community Resources

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

Address: 200 John Street Upper Level, Oshawa

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.

## Hope to Happiness (Day 1 of 9)

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

Address: 200 John Street Upper Level, Oshawa

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

## Tuesdays with Ted

Date and Time: Tuesday, April 9 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.

## Wednesday, April 10, 2024

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## Hope to Happiness (Day 2 of 9)

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

Address: Virtual

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

## VHA Home HealthCare - Hoarding Help & Extreme Cleaning

Date and Time: Wednesday, April 10 10:00 am - 11:00 am

Address: Virtual

VHA Home HealthCare is proud to share exciting information about hoarding supports in your community through this interactive and educational workshop. What is hoarding and how do we help? You'll learn the answers to these questions and more about the no-cost extreme cleaning and hoarding support services that we offer Durham Region residents.

## Managing Anxiety (Day 2 of 8)

Date and Time: Wednesday, April 10 1:30 pm - 3:30 pm

Address: Virtual

This is an eight-day series offered every Wednesday afternoon, provides a confidential and safe place to normalize, share and learn about coping with anxiety.

**To register:** Please contact your Ontario Works Case Coordinator.

## Thursday, April 11, 2024

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## Hope to Happiness (Day 3 of 9)

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

Address: 200 John Street Upper Level, Oshawa

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

## Budgeting Dollars and Sense

Date and Time: Thursday, April 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.

## Wellness Journey "Inclusion and Belonging"

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

Address: 200 John Street Upper Level, Oshawa

The act of reading and talking about books and stories can help people to achieve a more positive sense of well ness. 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.

## Friday, April 12, 2024

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### Overview of Workshops and Community Resources

Date and Time: Friday, April 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.

## Tuesday, April 16, 2024

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### Hope to Happiness (Day 4 of 9)

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

Address: Virtual

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

### Computer Basics (Day 1 of 6)

Date and Time: Tuesday, April 16 9:30 am - 2:00 pm

Address: 200 John Street Upper Level, Oshawa

Computer Basics is a 6 day **in person** workshop designed to give you an understanding of the basic functions of a computer, laptop, and smart devices. Topics include Introduction to Windows, Microsoft Word, Teams, Zoom and Google as well as an introduction to keyboard shortcuts and internet/internet safety.

**To register:** Please contact your Ontario Works Case Coordinator.

## Tuesdays with Ted

Date and Time: Tuesday, April 16 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.

## Wednesday, April 17, 2024

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### Hope to Happiness (Day 5 of 9)

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

Address: 200 John Street Upper Level, Oshawa

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

### Computer Basics (Day 2 of 6)

Date and Time: Wednesday, April 17 10:30 am - 2:00 pm

Address: 200 John Street Upper Level, Oshawa

Computer Basics is a 6 day **in person** workshop designed to give you an understanding of the basic functions of a computer, laptop, and smart devices. Topics include Introduction to Windows, Microsoft Word, Teams, Zoom and Google as well as an introduction to keyboard shortcuts and internet/internet safety.

**To register:** Please contact your Ontario Works Case Coordinator.

### Managing Anxiety (Day 3 of 8)

Date and Time: Wednesday, April 17 1:30 pm - 3:30 pm

Address: Virtual

This is an eight-day series offered every Wednesday afternoon, provides a confidential and safe place to normali

ze, share and learn about coping with anxiety.

**To register:** Please contact your Ontario Works Case Coordinator.

## Thursday, April 18, 2024

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### Computer Basics (Day 3 of 6)

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

Address: 200 John Street Upper Level, Oshawa

Computer Basics is a 6 day **in person** workshop designed to give you an understanding of the basic functions of a computer, laptop, and smart devices. Topics include Introduction to Windows, Microsoft Word, Teams, Zoom and Google as well as an introduction to keyboard shortcuts and internet/internet safety.

**To register:** Please contact your Ontario Works Case Coordinator.

### Hope To Happiness (Day 6 of 9)

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

Address: Virtual

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

### Supported Self Filing Tax Clinic

Date and Time: Thursday, April 18 1:30 pm - 3:30 pm

Address: 200 John Street Upper Level, Oshawa

If you have a simple tax situation, access to email, basic computer skills and want to learn how to file your taxes online, this may be the workshop for you. This 2-hour session will support you with learning how to file your taxes online.

**To register:** Please contact your Ontario Works Case Coordinator.

### Wellness Journey "The Love of Reading"

Date and Time: Thursday, April 18 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 well-being. 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.

## Friday, April 19, 2024

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### Overview of Workshops and Community Resources

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

Address: 200 John Street Upper Level, Oshawa

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.

## Monday, April 22, 2024

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### Confidence Boost

Date and Time: Monday, April 22 1:30 pm - 3:00 pm

Address: Virtual

Get a better understanding of confidence and self-esteem. 10 tips to boost your confidence.

**To register:** Please contact your Ontario Works Case Coordinator.

### Goal Setting

Date and Time: Monday, April 22 1:30 pm - 3:00 pm

Address: Virtual

Explore different types of goals and how to create goals that work.

**To register:** Please contact your Ontario Works Case Coordinator.

### Effective Communication

Date and Time: Monday, April 22 1:30 pm - 3:00 pm

Address: Virtual

Tips to help recognize poor communication and how to strengthen your communication skills.

**To register:** Please contact your Ontario Works Case Coordinator.

## Staying Ahead Connections

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

Address: 200 John Street Upper Level, Oshawa

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.

## Tuesday, April 23, 2024

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### Computer Basics (Day 4 of 6)

Date and Time: Tuesday, April 23 9:30 am - 2:00 pm

Address: 200 John Street Upper Level, Oshawa

Computer Basics is a 6 day **in person** workshop designed to give you an understanding of the basic functions of a computer, laptop, and smart devices. Topics include Introduction to Windows, Microsoft Word, Teams, Zoom and Google as well as an introduction to keyboard shortcuts and internet/internet safety.

**To register:** Please contact your Ontario Works Case Coordinator.

### Hope To Happiness (Day 7 of 9)

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

Address: Virtual

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

### Tuesdays with Ted

Date and Time: Tuesday, April 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.

## Wednesday, April 24, 2024

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### Hope to Happiness (Day 8 of 9)

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

Address: Virtual

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

### Computer Basics (Day 5 of 6)

Date and Time: Wednesday, April 24 9:30 am - 2:00 pm

Address: 200 John Street Upper Level, Oshawa

Computer Basics is a 6 day **in person** workshop designed to give you an understanding of the basic functions of a computer, laptop, and smart devices. Topics include Introduction to Windows, Microsoft Word, Teams, Zoom and Google as well as an introduction to keyboard shortcuts and internet/internet safety.

**To register:** Please contact your Ontario Works Case Coordinator.

### Managing Anxiety (Day 4 of 8)

Date and Time: Wednesday, April 24 1:30 pm - 3:30 pm

Address: Virtual

This is an eight-day series offered every Wednesday afternoon, provides a confidential and safe place to normalize, share and learn about coping with anxiety.

**To register:** Please contact your Ontario Works Case Coordinator.

## Thursday, April 25, 2024

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## Hope to Happiness (Day 9 of 9)

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

Address: 200 John Street Upper Level, Oshawa

This hybrid workshop series will help you to take steps forwards building a future filled with HOPE: Happiness – Optimism – Positivity – Energy. In this 9 day series we will explore information on: Growth Mindset, Self Care, Triggers & Fear, Coping & Control, Rest-Routine & Reset, Mindfulness, Genuine Optimism and Glimmers. You will complete activities, collaborate with others and examine ways to build more HAPPINESS into your life.

**To register:** Please contact your Ontario Works Case Coordinator.

## Computer Basics (Day 6 of 6)

Date and Time: Thursday, April 25 9:30 am - 2:00 pm

Address: 200 John Street Upper Level, Oshawa

Computer Basics is a 6 day **in person** workshop designed to give you an understanding of the basic functions of a computer, laptop, and smart devices. Topics include Introduction to Windows, Microsoft Word, Teams, Zoom and Google as well as an introduction to keyboard shortcuts and internet/internet safety.

**To register:** Please contact your Ontario Works Case Coordinator.

## A Wellness Journey "Mother Earth Awakes"

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

Address: 200 John Street Upper Level, Oshawa

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.

## Friday, April 26, 2024

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### Overview of Workshops and Community Resources

Date and Time: Friday, April 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.

## Monday, April 29, 2024

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### Resilience: Reboot & Rebuild

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

Address: Virtual

Comeback from difficulties with tips & techniques that rebuild your resilience. Listen to stories of others who have also suffered setbacks and have had real forward movement in restoring and refreshing their own inner strength.

**To register:** Please contact your Ontario Works Case Coordinator.

## Tuesday, April 30, 2024

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### Overview of Workshops and Community Resources

Date and Time: Tuesday, April 30 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.

### Tuesdays with Ted

Date and Time: Tuesday, April 30 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.

<https://calendar.durham.ca>