

WEEKLY PROGRAMMING

EMPLOYMENT READINESS PROGRAMMING

WorkBC

WorkBC and The Employment Readiness Program have partnered together to provide outreach employment services at Kinghaven Treatment Centre for two weeks out of the 5 week Employment Readiness Program

Week 3 (Afternoon)

Monday

Values Inventory Assessment

Tuesday

Type Focus Online Personality Assessment

Wednesday

Career Planning

Thursday

School Research and Labour Market Information

Week 4 (Afternoon)

Monday

Transferrable Skills

Tuesday

Resume Preparation (Theory)

Wednesdays

Electronic Resume (Practical)

Thursday

Effective Job Search Strategies

“Change is Constant, Change is inevitable but Change can be Survived”
Author Unknown

Life Management Series

S.O.B.E.R Skills 5 Week Workshop Series

Self-Awareness: Discovering Personal Values and Maintaining Healthy Boundaries

Owning Your Story: Living with Integrity, Setting Goals and Making Plans

Balanced Living: Developing Strength in Personal Management and Relapse Prevention

Expressing Yourself: Learning the Art of Communicating Well

Responding Well: Dealing with Conflict and Difficult Emotions

Goals/Vision Board

Creating your own Personal Vision Board 3 day Workshop

Why Set Personal Goals?

- If we take a passive approach towards life, and don't set any goals, we will live life on a meandering day-to-day basis. Our lives will just "happen to us" rather than us controlling how we want our life to happen.

Creating your Vision Board

- An electronic collage of words and images that speak to our goals and keeps us focused on achieving your goals. The Vision board will remind you of the way you want things to be in our life.

Intensive Group Therapy / Small Group

Expressive Art Therapy

Cycle of Abuse/Trauma

Self-Sabotaging Learned Behaviours

Boundaries/Effective Communication

1:1 Individual Clinical Counselling

Post Discharge Planning and Next Steps

Six-month Post Treatment Follow up and Supports