

March 2026



Mon	Tues	Wed	Thurs	Fri
2	3	4	5	6
10:00am – 10:45am Top 10: Ways to Self-Care	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Dealing with Anxiety	10:00am – 10:45am Top 10: How to Be a Good Employee	10:00am – 10:45am Top 10: Difference Makers
9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:00pm Job Search Lab
1:30pm – 3:30pm Assertiveness		1:30pm – 3:30pm Conflict Resolution	1:30pm – 3:30pm Coffee Club	
9	10	11	12	13
10:00am – 10:45am Top 10: Achieving Your Goals	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Balancing Work & Life	10:00am – 10:45am Top 10: First Impressions	10:00am – 10:45am Top 10: Reasons to Volunteer
9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:00pm Job Search Lab
1:30pm – 3:30pm Self-Marketing		1:30pm – 3:30pm Social Media in Job Search	1:30pm – 3:30pm Coffee Club	
16	17	18	19	20
10:00am – 10:45am Top 10: Being Mindful Everyday	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Goal Setting Tips	10:00am – 10:45am Top 10: Time Management	10:00am – 10:45am Top 10: Tracking Successes
9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:00pm Job Search Lab
1:30pm – 3:30pm Cover Letters		1:30pm – 3:30pm Self-Compassion	1:30pm – 3:30pm Coffee Club	

March 2026



Mon	Tues	Wed	Thurs	Fri
23	24	25	26	27
10:00am – 10:45am Top 11: Benefits of Exercise	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Resumes	10:00am – 10:45am Top 10: Back at Work Basics	10:00am – 10:45am Top 10: Dress for Success
9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab	9:00am – 3:00pm Job Search Lab
1:30pm – 3:30pm 18 Common Interview Questions & How to Answer Them		1:30pm – 3:30pm Harassment in the Workplace	1:30pm – 3:30pm Coffee Club: Bannock Making (Limited spots)	
30	31	April 1	2	3
10:00am – 10:45am Top 10: Stress Busters	10:00am – 11:00am Mindful Movement		Job Search Lab is <u>Drop-In</u> (no sign-up required)	
9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab			
1:30pm – 3:30pm Disability Disclosure				