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Respect

Independence

Self-determination

Integration

Empowerment

Skills Unlimited

Spring 2026



Goal Garden: Spring Reset



Spring is the perfect time for a deep clean and a fresh start. As spring comes to an end, it's good to swap out winter wear and tools for those we will need in summer. This creates an ideal opportunity to tend to repairing and cleaning these items before storing for the season, and gives us a way to actively prepare for a reset. In the winter newsletter we talked about following the wisdom of the weather and the season to inspire us to rest, reflect, and reset, and with this spring newsletter we will lean into reset part of the equation.

A spring clean does not need to be a thorough, exhaustive (and exhausting) endeavour: anything worth doing is worth doing partly! At the very least, try to tend to the following:

- ❖ Swap out winter outerwear for summer outerwear, check if you have things like sunscreen, hats, and shorts for the coming season, and tend to washing and mending.
 - Check out our Confidence Boost article below for tips on tending to any Wardrobe needs.
 - Used fabric softener sheets (or new ones) can be placed in bins, containers, closets and drawers to keep things fresh.
- ❖ Clean and tuck away winter tools and toys such as toboggans, skis, vehicle extension cords, shovels etc. Remember to repair anything that needs it.
- ❖ While you're attending to organizing, do a clean and sanitize of any storage bins and your storage closets or areas before putting away items for the season.

If these activities have motivated you, it may be worth using that energy to take it a step or two further:

- ❖ Spend some time doing a deeper clean of your home. If it's an overwhelming prospect, tackle it one room, one closet, one appliance, one drawer or one box at a time.
- ❖ Take it to the next level by using a similar approach to clean up/restart other things in your life, such as:
 - Leisure time and activities
 - Relationships/boundaries: both personal and professional
 - Goals you will work on this year, and dreams you have for the future
 - Finances, fitness, nutrition
 - Job Search: check out the article below for spring clean tips for job search.

Doing as much of a spring clean as you are able to each year, sets you up for enjoying summer and success. It also ensures that winter items will be easily found, clean and ready to use when the times comes. Besides, who wants to be taking on a procrastinated and ever-growing cleaning job in the sticky heat of summer when there is lovely weather to enjoy nature and the sun outside?! Being more organized tends to lead to being more motivated, and a state of readiness that opens us up to effectively meet possibilities, and opportunities, head-on when they arrive. This is another reason why spring cleaning is so popular: it tends to set us up for a more satisfying year and make any progress we attain more sustainable. Take some time to reset this spring, and you will probably notice that it energizes and inspires you much more than simply moving mindlessly into the coming season and having the flotsam and jetsam of winter in the way until it's needed again in six months. You are worth the time and effort it takes to create a reasonably clean and organized home, and the more small steps taken in that direction, the more likely it is that progress is gained and maintained.



Staff Changes at steps2work



In December 2025, we said farewell to Jackie and in the beginning of January 2026, we said farewell to Brittany. We extend our sincere thanks to them for their time and contributions and wish them continued success in their future endeavors!

❖ Rodney has joined our team as the Workshop Facilitator; Rodney has previously worked with the Assembly of MB Chiefs. Rodney enjoys nature walks, meeting new people and learning new things.

❖ The beginning of January saw Lia join our ETS team. Lia has a background in social work with experience in crisis work and community engagement. Outside of work, she loves baking bread, being outdoors, and listening to music. Lia is excited to be part of the team and can't wait to meet everyone



Welcome to the team Lia and Rodney!



Shout Out!!!



A heartfelt thank you to **Sobeys** for their generous donation of grocery gift cards. This thoughtful support helped ease financial stress and bring comfort to our job-seeking clients during the holiday season.

To our **Board of Directors** and **our community partners** for your generous donations of hygiene supplies and warm winter accessories. These items were used in our client Holiday goodie bag at our Winter Event. Our participants were thrilled with the prizes, and expressed gratitude for supporting their self-care and wellness.

From the team here at steps2work: Thanks for supporting our work with your essential contributions!



Community Financial Counselling Services



CFCS offers low-income individuals free services for filing taxes, budgeting and more.

→ If you haven't used their services, it would be worth having them do your taxes at least once, as they specialize in ensuring that individuals are receiving all the benefits and tax breaks that they are entitled to.

CFCS can help you access:

- ❖ Disability Tax Credit (DTC)
- ❖ If you qualify for the DTC, CFCS can help you access Registered Disability Saving Plans. Once you've been approved for a plan, the federal government can contribute to your savings through disability bonds and grants.
- ❖ Canada Manitoba Housing Benefit (CMHB) Youth Stream for individuals aged 17 – 26.
- ❖ & more!

Give them a call at: 204-989-1913, or check them out on the web at: cfcstaxes.com

Confidence Boost: Wardrobe Refresh

The old saying goes that when we look better, we feel better. Knowing we have the skills and clothing to dress appropriately for any occasion boosts confidence. Spring cleaning creates an ideal opportunity to refresh your wardrobe while swapping out seasonal wear. Keep your eye out for any mending that needs attention, wash clothing and clean footwear before storing them away. If there are items that need replacing, or your wardrobe needs a bit of an update, here are some tips to consider:

- ❖ Having a few basic pieces of clothing in dark, neutral colours is a great foundation to build on. (A few pairs of pants and/or skirts, a blazer or cardigan, and a jacket or coat in navy, black, dark grey, or brown.) Add in a few tops in white or lighter colours, and you're good to go.
- ❖ Bump it up a notch by adding some items in colours or patterns you like, to add interest and show your personality. (A colourful tie, a sparkly necklace or scarf, a patterned top, or pin stripes on the pants, etc.)
- ❖ Use colour, pattern, and shine to your advantage by using it sparingly and wearing it on your shirt, or near your face. This draws peoples' eyes, and attention, up to your face.
- ❖ If money is tight you might want to arrange a clothing/accessories swap with friends/family. These can be quite fun, and can save everyone a lot of time and money!
- ❖ There are a variety of clothing closets and resources in Winnipeg: ask your ETS for recommendations, or search online: [Helpseeker Searchable Clothing Resource Database](#)

Spring Clean for Job Search

Is job search dragging on? Do you wish that you were getting more responses from employers? If so, it's probably a good time to spring clean your job search and do a reset. Here are a few commonly neglected areas of job search, and how to attend to them:

- ❖ **Targeted/Customized Cover Letter & Resume:** cover letters and resumes should be targeted and customized to the specific employer, and/or job, each and every time an application is made. Employer focused resumes are more likely to make it through screening software, and be read by an actual human being, which makes it more likely an interview will be offered.
- ❖ **Follow Through & Grow:** in order to conduct a serious job search, serious time must be invested every week. It's fine to start small, just be sure to make a plan and set a reasonable time table for increasing the time and energy put into job search. This not only makes for a more effective job search, but it also prepares you for working by building stamina, creating consistent routines, and developing a sustainable schedule.
- ❖ **Follow-Up:** many job seekers neglect this essential step of job searching. This means that those that do follow-up are standing out to employers in an even more positive and impactful way. Following up displays initiative, attention to detail, organizational and leadership skills, as well as showing that you really want the job. Following up is recommended after applying and after interviewing.
- ❖ **Recognize & Celebrate Progress:** Be sure to recognize steps taken and reward/celebrate them, not just the actions that get results! Whenever you take action, or put effort into building a skill, it is a success and deserves recognition. Celebrate your progress, and reward yourself regularly for the work you're doing. Just remember to keep rewards proportionate to the action taken: smaller steps get smaller celebrations/rewards, and bigger steps get bigger celebrations/rewards.
- ❖ **Remember:** when it comes to job search, like many things in life, we tend to get out what we put in. More strategizing and care put into job search, usually leads to more opportunities discovered and a shorter job search. Besides, this approach also develops the skills and routines that support sustaining work once employment is obtained.

Job search is a job, and when it goes on longer than we expect, it's normal to feel defeated, frustrated, etc. Work on developing a solid self-care routine, reflect on your approach to reset when needed, and utilize your resources, including steps2work programming and staff. Your ETS is available to help you along the way, and our employment and wellness workshops support your efforts, while providing opportunities to connect with your peers.



Activities & Events of Interest

Career Fair

Thursday, April 2, 2026 at RBC Convention Centre
Admission: Free

Get in front of hiring managers! Network and apply with Employer Exhibitors. Build the meaningful rappsots you need to advance your career in the direction you want.

The Winnipeg Frequency Music & Art Fest

March 28, 2026 at 10am to March 29, 2026 at 5pm; at Whittier Park
Admission: Free

All in One weekend step into a vibrant celebration of sound, creativity and local talent! This festival brings together music, handcrafted goods and community connection in an uplifting, welcoming atmosphere.

St. Norbert Farmers' Market

For more than thirty years the St. Norbert Farmers' Market has been serving Winnipeg and the surrounding area with fresh farm foods and handcrafted goods made in Manitoba. Year round we feature over 200 local makers, bakers and growers. Everything sold at the market is made, baked, crafted and grown in Manitoba.

Contact Us:

Give us a call for more information about our programs and services.



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- Quarterly Newsletter
- Use of steps2work library
- Invitation to annual Christmas Party

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Please make cheques payable to: Skills Unlimited, 1-201 Scott Street, Winnipeg, MB R3L 0L4 - Or donate [Online](#)

Tax receipts will be issued and mailed for ALL donations.

Membership purchases will be mailed a general receipt.