

June 2026



Mon	Tues	Wed	Thurs	Fri
1	2	3	4	5
10:00am – 10:45am Top 11: Benefits of Exercise	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 14: Finding a New Job	10:00am – 10:45am Top 10: Cover Letters	10:00am – 10:45am Top 10: References
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 Disabilities Disclosure		1:30pm – 3:30pm Healthy Living	1:30pm – 3:30pm Coffee Club	
8	9	10	11	12
10:00am – 10:45am Top 10: Confidence	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Indeed	10:00am – 10:45am Top 10: First Impressions	10:00am – 10:45am Top 10: Professional Voicemail & Email
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 Personal Hygiene in the Workplace		1:30pm – 3:30pm Stress Management	1:30pm – 3:30pm Coffee Club	
15	16	17	18	19
10:00am – 10:45am Top 10: Eating on a Budget	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Interview Questions & Answers	10:00am – 10:45am Top 10: Time Management	10:00am – 10:45am Top 10: Resumes
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 Workplace Health & Safety		1:00pm – 3:00pm National Indigenous Peoples Day Celebration	1:30pm – 3:30pm Coffee Club	

June 2026



Mon	Tues	Wed	Thurs	Fri
22	23	24	25	26
steps2work Closed in Lieu of National Indigenous Peoples Day	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Dress for Success	10:00am – 10:45am Top 10: Cover Letter Mistakes	10:00am – 10:45am Top 10: Email Mistakes to Avoid
	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 Anger Management	1:30pm – 3:30pm Coffee Club	
29	30	July 1	2	3
10:00am – 10:45am Top 10: Basic Money Management	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 Cover Letter Development				