

May 2026



Mon	Tues	Wed	Thurs	Fri
<p>April 27</p> <p>Job Search Lab is <u>Drop-In</u> (no sign-up required)</p>	28	29	30	<p>1</p> <p>10:00am – 10:45am Top 11: Body Language</p> <p>9:00am – 3:00pm Job Search Lab</p>
<p>4</p> <p>10:00am – 10:45am Top 10: Benefits of Mindfulness</p> <p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Email Tools, Apps & Etiquette</p>	<p>5</p> <p>10:00am – 11:00am Mindful Movement</p> <p>9:00am – 3:30pm Job Search Lab</p>	<p>6</p> <p>10:00am – 10:45am Top 10: Effective Communication</p> <p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Resume Development</p>	<p>7</p> <p>10:00am – 10:45am Top 10: Reasons to Volunteer</p> <p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Coffee Club</p>	<p>8</p> <p>10:00am – 10:45am Top 10: Back at Work Basics</p> <p>9:00am – 3:00pm Job Search Lab</p>
<p>11</p> <p>10:00am – 10:45am Top 10: Motivational Tips for Change</p> <p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Sleep Hygiene</p>	<p>12</p> <p>10:00am – 11:00am Mindful Movement</p> <p>9:00am – 3:30pm Job Search Lab</p>	<p>13</p> <p>10:00am – 10:45am Top 10: Cover Letters</p> <p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Hidden Job Market</p>	<p>14</p> <p>10:00am – 10:45am Top 10: Dressing for Your Interview</p> <p>9:00am – 3:30pm Job Search Lab</p> <p>1:30pm – 3:30pm Coffee Club</p>	<p>15</p> <p>10:00am – 10:45am Top 10: Following Up After Applying</p> <p>9:00am – 3:00pm Job Search Lab</p>

For Workshop Registration / Cancellations / Changes: Email BOTH your ETS & Caitlin (Caitlin.bader@steps2work.ca)

May 2026



Mon	Tues	Wed	Thurs	Fri
18	19	20	21	22
Steps2work Closed For Victoria Day	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Balancing Work & Life	10:00am – 10:45am Top 10: Dress for Success	10:00am – 10:45am Top 10: Interview Tips
	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 Interview Skills Part 1	1:30pm – 3:30pm Coffee Club	
25	26	27	28	29
10:00am – 10:45am Top 10: Staying Motivated at Work	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Achieving Your Goals	10:00am – 10:45am Top 10: Professional Meeting Etiquette	10:00am – 10:45am Top 10: Re-Entering the Workforce
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 Stress Management		1:30pm – 3:30pm Interview Skills Part 2	1:30pm – 3:30pm Coffee Club	

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ETS Meetings / Scheduled Job Search / CareerScope, etc: Email your ETS only