

July 2026



Mon	Tues	Wed	Thurs	Fri
June 29 Job Search Lab is <u>Drop-In</u> (no sign-up required)	30	1	2	3
		Steps2work Closed For Canada Day	10:00am – 10:45am Top 10: Being Stress Free in the Workplace	10:00am – 10:45am Top 10: Dressing for an Interview
			9:00am – 3:30pm Job Search Lab	9:00am – 3:00pm Job Search Lab
			1:30pm – 3:30pm Coffee Club	
6	7	8	9	10
10:00am – 10:45am Top 10: Constructive Criticism	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Boundaries	10:00am – 10:45am Top 14: Finding a New Job	10:00am – 10:45am Top 20: How to Increase Your Salary
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 Safety		1:30pm – 3:30pm Harassment in the Workplace	1:30pm – 3:30pm Coffee Club	
13	14	15	16	17
10:00am – 10:45am Top 10: Cover Letter Mistakes	10:00am – 11:00am Mindful Movement	10:00am – 10:45am Top 10: Better Communication in Your Relationships	10:00am – 10:45am Top 10: Cover Letters	10:00am – 10:45am Top 10: Identifying Your Transferable Skills
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-Compassion		1:30pm – 3:30pm Hidden Job Market	1:30pm – 3:30pm Coffee Club	

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Mon	Tues	Wed	Thurs	Fri
20 10:00am – 10:45am Top 10: Staying Motivated at Work	21 10:00am – 11:00am Mindful Movement	22 10:00am – 10:45am Top 10: Effective Communication	23 10:00am – 10:45am Top 19: Best Jobs of The Future	24 10:00am – 10:45am Top 10: How to Be a Good Employee
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 Journaling		1:30pm – 3:30pm Resume Development	1:30pm – 3:30pm Coffee Club	
27 10:00am – 10:45am Top 10: Tracking Successes	28 10:00am – 11:00am Mindful Movement	29 10:00am – 10:45am Top 10: Achieving Your Goals	30 10:00am – 10:45am Top 10: Questions to Ask an Interviewer	31 10:00am – 10:45am Top 10: Professional Workplace Etiquette
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-Defense Awareness & Personal Safety		1:30pm – 3:30pm Professionalism	1:30pm – 3:30pm Coffee Club	