

September 2026



Mon	Tues	Wed	Thurs	Fri
August 31 Job Search Lab is <u>Drop-In</u> (no sign-up required)	1 10:00am – 11:00am Mindful Movement	2 10:00am – 10:45am Top 10: Communication Makers & Breakers	3 10:00am – 10:45am Top 10: Constructive Criticism	4 10:00am – 10:45am Top 10: Cover Letters
	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 Disclosure of a Disability	1:30pm – 3:30pm Coffee Club: Collages	
7 steps2work Closed for Labor Day	8 10:00am – 11:00am Mindful Movement	9 10:00am – 10:45am Top 10: Resume Mistakes to Avoid	10 10:00am – 10:45am Top 10: Back at Work Basics	11 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 – 3:00pm Job Search Lab
		1:30pm – 3:30pm Resume Development	1:30pm – 3:30pm Coffee Club: Board Games	
14 10:00am – 10:45am Top 19: Best Jobs of the Future	15 10:00am – 11:00am Mindful Movement	16 10:00am – 10:45am Top 10: Mindfully Exploring Cultures	17 10:00am – 10:45am Top 10: Dealing with a Difficult Person at Work	18 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 Anxiety Disorders Association of Manitoba		1:30pm – 3:30pm Job Search Part 1	1:30pm – 3:30pm Coffee Club: Clients Choice	

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Mon	Tues	Wed	Thurs	Fri
21 10:00am – 10:45am Top 10: Questions to Ask an Interviewer	22 10:00am – 11:00am Mindful Movement	23 10:00am – 10:45am Top 10: Dealing with Anxiety	24 10:00am – 10:45am Top 10: Being Stress Free in the Workplace	25 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 Truth & Reconciliation Presenter **National Truth and Reconciliation week**	 **National Truth and Reconciliation week**	1:30pm – 3:30pm Job Search Part 2 **National Truth and Reconciliation week**	1:30pm – 3:30pm Indigenous Wellness: Knowledge Keeper Guest Presenter **National Truth and Reconciliation week**	 **National Truth and Reconciliation week**
28 10:00am – 10:45am Top 10: Responding Assertively	29 10:00am – 11:00am Mindful Movement	30 steps2work Closed for National Day for Truth and Reconciliation	October 1	2
9:00am – 3:30pm Job Search Lab	9:00am – 3:30pm Job Search Lab			
1:30pm – 3:30pm Mood Disorders Association of Manitoba				

****September 21 – 25: steps2work will be hosting viewings of the National Centre for Truth and Reconciliation Webinars**** These webinars aim to help adults examine and unlearn colonial myths about Canada through presentations from expert speakers and residential school Survivors. Sessions will take place daily from 12:00 – 1:00 pm.