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Respect

Independence

Self-Determination

Integration

Empowerment

Skills Unlimited

Fall 2026



Goal Garden: Fall Forward



Autumn is the time when the natural world resets and prepares for winter in order to be ready for a burst of growth in spring. As we witness the seasons change, it can be a good reminder to take stock, review our goals, and prepare ourselves for future growth. Fall is an ideal time to pay special attention to things we have avoided, things we've accomplished that make room for new plans, as well as steps and actions that didn't quite get us where we hoped they would.

Anytime is the perfect time to try again, reset, and proactively prepare for future growth. Fall reminds us that it is essential to let go and try again in order to thrive. The trees show us brilliantly just how beautiful it can be to allow things to have their time, to let go, and make room for the new.

Here are some ways to Fall Forward this autumn, and clear the way for future plans and growth:

- ❖ Harvest what you've sown this year: take stock of successes, steps taken, and goals achieved over the spring and summer. Big or small, celebrate them all!
- ❖ Honestly take a look at the things you have been procrastinating and avoiding. Mindfully forgive yourself for this habit: repeat as necessary. Pick one thing and plan 1 - 2 small steps to take in the coming week. Follow through and then add some more steps to your schedule, then repeat this process with the next thing.
- ❖ Set yourself up for continued, or renewed success by thinking ahead and scheduling times to work through your to do list and job search tasks over the next 3 months. Maybe even work ahead some, so you will be able to take some extra family and leisure time during winter holidays.
- ❖ Turn to the trees for inspiration and motivation! See how gracefully they let go of every leaf, with no judgement over what the leaf has done, or not. Notice how eagerly and gracefully they accept, and respond, to their shifting environment. Wonder at the beauty of the transformation that occurs because of letting go.
- ❖ If you have been attending to things consistently, and/or had a very busy summer, take a few days or a week or two to slow down and reflect. Refocus on settling back into your usual routine, attending to self-care, and planning next steps. Get back to taking action once you've rested, cleared your mind a bit, and have developed a strategy for next steps.

"For what it's worth: it's never too late or, in my case, too early to be whoever you want to be. There's no time limit, stop whenever you want. You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you're proud of. If you find that you're not, I hope you have the courage to start all over again."

- F. Scott Fitzgerald -



The Benefits of Routine



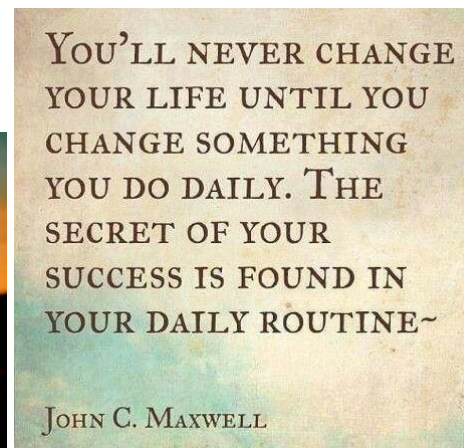
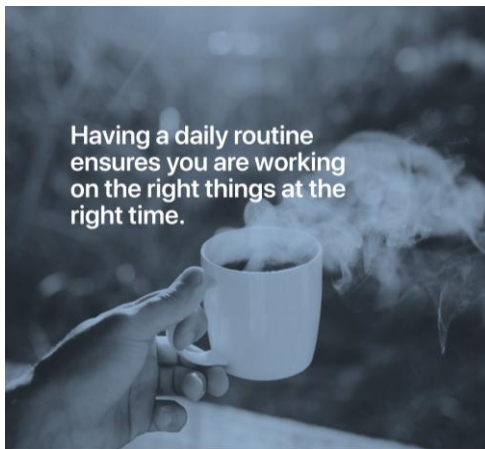
Creating a routine creates a flow to the day and helps to provide a reason to get up and go. Developing a routine will provide structure and allows the body to adapt to a specific schedule. It can be something very basic, setting time aside for self-care like preparing breakfast, meditating, or even going for a walk and enjoying all that nature has to offer.

Once you know what is important for your routine, you can start planning around work and other commitments or activities you may have. The nice thing about routine is that it is different for everyone. Therefore, you can set a routine even if you have nothing to do. Maybe you go for a walk every day right after breakfast, followed by going grocery shopping, and then having lunch.

If you are looking for work, set a schedule and dedicate time everyday, so it is easier to stay focused, and may lessen the chances of becoming overwhelmed. Keep in mind, your schedule can be different each day of the week. It's also important that you have time for things that bring you joy and relaxation, like going to the movies, or meeting with friends. We all know that life happens and we cannot prepare for everything in our lives, but having a routine will help to keep you focused and on track to achieving your goals.

steps2work assists participants to develop a routine and build stamina while attending, which makes the transition into the workforce easier.

There is much value in keeping a routine, as you can look back and see all that you have accomplished!



Staff Changes at steps2work



In early Summer this year, we said farewell to Rodney. We extend our sincere thanks to him and wish him continued success in his future endeavors!

- ❖ Litonya (Binesiike-gaa-bi-dabagisd, She/Her) has joined our Team as the Workshop Facilitator. Litonya is an Anishnabekew from Swan Lake First Nation, Manitoba (Treaty One). Previously, worked in the Indigenous Health Field for over 15 years, in and out of community, following in her mother's footsteps. She thrives on empowering others, advocating, providing support and giving back to others positively and effectively.

Welcome to the team Litonya!



Confidence Boost:

Perform Behavioral Experiments

Our brains often play tricks on us and we can become convinced that we are incapable of completing a task or taking action in making a change.

The best way to deal with the negative self-talk is to challenge those statements.

Try doing things your brain tells you that you can't. Tell yourself it's just an experiment and see what happens. You will most likely learn that being a little anxious or making a few mistakes isn't as bad as you thought. Each time you move forward, you will gain confidence in yourself.

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face...You must do the thing you think you cannot do."

-Eleanor Roosevelt

**YOUR MIND
IS A POWERFUL
THING. WHEN
YOU FILL IT
WITH POSITIVE
THOUGHTS,
YOUR LIFE WILL
START
TO CHANGE.**



Sleep Hygiene and Its Importance



When you go to sleep, what is around you and how it affects you doesn't really cross your mind; but what you don't know is that it is extremely important and actually affects how you sleep. With that being said, you are probably asking yourself what is sleep hygiene? Sleep hygiene is the term used to describe habits and practices that are conducive to sleeping well on a regular basis. This is extremely important for your physical and mental health; it also improves quality of sleep and promotes a healthier life overall. Everyone can benefit from practicing good sleep habits. When you practice good sleep habits, it helps you create and maintain a sleep pattern that works for you. So, how do you know if your sleep hygiene is in need of a revamp? If you have a hard time staying awake during the day or a hard time falling asleep at night, this could be a sign of poor sleep hygiene. It is also important to know that sometimes you only need to alter a few different habits to make your sleep routine perfect and comfortable. Make sure that you are making your space cozy for yourself, make sure the room temperature isn't too warm and that there aren't a lot of lights on or dimmed while you're trying to go to sleep. These are two simple things you can work on at first to see if this promotes a more restful sleep. Poor sleep hygiene can affect your both your mental and physical health.

Studies in neuroimaging and neurochemistry demonstrate that a restful sleep fosters both mental and emotional resilience and that chronic lack of sleep can intensify negative thinking. Our bodies progress through different stages while we sleep. During certain sleep cycles, body temperature drops, muscles relax, heart rate and breathing slow, which can produce physiological changes that help boost functioning of the immune system. When we experience the REM (rapid eye movement) cycle, body temperature blood pressure heart rate and breathing increases, and studies prove the REM sleep enhances learning and memory, and contributes to emotional health. Sleep disruption affects the levels of neurotransmitters and stress hormones, negatively impacting the brain; impairing the ability to think clearly and regulate emotions. This means that sleep deprivation can negatively impact our mental health.

If you are constantly tired, it takes a toll on your physical movement and body. When tired, you tend to be more sluggish, and don't perform to your greatest ability and could also cause pain and severe fatigue. When you are tired, something that wouldn't typically hurt or cause discomfort, may be amplified if you're not well rested. During sleep, your body is working to support healthy brain function and maintain your physical health, so when you don't get that rest you need, your brain doesn't function to its best ability. It is important to maintain a consistent, relaxing sleep time routine as this provides a stable environment that promotes relaxation and tranquility to get the rest and sleep your body needs. Make sure your room is also a cozy space for YOU. Make sure you have a comfy bed and enough pillow support. Also make sure that you have a blanket that is just right for your body temperature, you don't want it to be too hot or too cold as this will affect your overall sleep. Maybe this means you have to take away some of the things on your bed, especially if you wake up from not having enough room on your bed. Sleep hygiene can make or break that wonderfully restful night.



Activities & Events of Interest



Fall Job & Career Fairs in Winnipeg

[Winnipeg Career Fair and Training Expo Canada - September 22, 2026 Tickets, Tuesday, September 22 • 10 AM - 2 PM | Eventbrite](#)

2026 Orange Shirt Days

September 30 – October 2, 2026 ★10:00am – 4:00pm ★ Manitoba Museum

In honour of the National Day for Truth and Reconciliation, the Manitoba Museum hosts Orange Shirt Days – three days of complimentary admission and special programming. Throughout these important days, we are joined by thousands of visitors of various backgrounds and ages, all joining with open minds and open hearts.

MB Hydro Santa Parade

November 14, 2026 ★ 5:00pm ★ Downtown Winnipeg

The Winnipeg Santa Claus Parade combines the magic, wonder and excitement that heralds in the holiday season in one big event. A moving panorama of lights, colour and music, the parade inspires delight in the eyes of the children and those who are young at heart.

Contact Us:

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



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