November 2026

Mon	Tues	Wed	Thurs	Fri
2 10:00am – 10:45am Top 10: Back at Work Basics 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Anger Management	3 10:00am – 11:00am Mindful Movement 9:00am – 3:30pm Job Search Lab	4 10:00am – 10:45am Top 10: Reasons to Stay Positive 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Resume Development	5 10:00am – 10:45am Top 10: Constructive Criticism 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Coffee Club: Games	6 10:00am – 10:45am Top 10: Email Mistakes to Avoid 9:00am – 3:00pm Job Search Lab
9 10:00am – 10:45am Top 10: Cover Letters 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Customer Service	10 10:00am – 11:00am Mindful Movement 9:00am – 3:30pm Job Search Lab	11 steps2work Closed for Remembrance Day	12 10:00am – 10:45am Top 10: Following Up After an Interview 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Coffee Club	13 10:00am – 10:45am Top 10: Values (Round Table Discussion) 9:00am – 3:00pm Job Search Lab
16 10:00am – 10:45am Top 10: Effective Communication 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Interview Skills Part 1	17 10:00am – 11:00am Mindful Movement 9:00am – 3:30pm Job Search Lab	18 10:00am – 10:45am Top 10: Professional Meeting Etiquette 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Assertiveness	19 10:00am – 10:45am Top 10: References 9:00am – 3:30pm Job Search Lab 1:30pm – 3:30pm Coffee Club: Movie	20 10:00am – 10:45am Top 10: Indeed 9:00am – 3:00pm Job Search Lab

November 2026

Mon	Tues	Wed	Thurs	Fri
23 **10:00am – 10:45am** **Top 10: Basic Money Management** **9:00am – 3:30pm** **Job Search Lab** **1:30pm – 3:30pm** **Interview Skills Part 2**	**24** **10:00am – 11:00am** **Mindful Movement** **9:00am – 3:30pm** **Job Search Lab**	**25** **10:00am – 10:45am** **Top 10: Resume Mistakes to Avoid** **9:00am – 3:30pm** **Job Search Lab** **1:30pm – 3:30pm** **Self-Compassion**	**26** **10:00am – 10:45am** **Top 10: Being Stress Free in the Workplace** **9:00am – 3:30pm** **Job Search Lab** **1:30pm – 3:30pm** **Coffee Club: Trivia** **(Will there be a new trivia champion??)**	**27** **10:00am – 10:45am** **Top 10: Dealing with a Difficult Person at Work** **9:00am – 3:00pm** **Job Search Lab**
30 **10:00am – 10:45am** **Top 10: Dress for Success** **9:00am – 3:30pm** **Job Search Lab** **1:30pm – 3:30pm** **Sleep Hygiene**	December 1	2	3	4 Job Search Lab is Drop-In **(no sign-up required)**