

Online Workshops and Webinars

April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6 Get Social Monday: Virtual Tea Party 10:30am-11:00am Join Zoom Meeting https://zoom.us/j/93888732 +1 647 558 0588 Meeting ID: 938 888 732</p>	<p>7 Learning Tuesday: Employment Insurance (EI) Tips 2:00PM-3:00pm Join Zoom Meeting https://zoom.us/j/963617240 +1 647 374 4685 Meeting ID: 963 617 240 Interview Preparation (Youth) 3:00pm-4:00pm https://zoom.us/j/182440891 +1 647 374 4685 Meeting ID: 182 440 891</p>	<p>8 Wellness Wednesday: Staying Connected During Self-Isolation 2:00PM-3:30pm Join Zoom Meeting https://zoom.us/j/349104298 +1 647 374 4685 Meeting ID: 349 104 298</p>	<p>9 Training Thursday: Food Safety 2:00PM-3:00pm Join Zoom Meeting https://zoom.us/j/603980009 +1 647 374 4685 Meeting ID: 603 980 009</p>	<p>10 STAT HOLIDAY CLYS CLOSED</p>
<p>13 STAT HOLIDAY CLYS CLOSED</p>	<p>14 Learning Tuesday: Budgeting & Money Management Tips (Youth) 2:00-3:00pm Join Zoom Meeting https://zoom.us/j/446845780 +1 647 374 4685 Meeting ID: 446 845 780</p>	<p>15 Wellness Wednesday: DIY Body & Lip Scrub 2:00-4:00pm Join Zoom Meeting https://zoom.us/j/881454187 +1 647 558 0588 Meeting ID: 881 454 187</p>	<p>16 Training Thursday: Online Health & Safety 2:00-3:00pm Join Zoom Meeting https://zoom.us/j/421362258 +1 647 374 4685 Meeting ID: 421 362 258</p>	<p>17 Fun Friday: Netflix Party 3:00-5:00pm Join Zoom Meeting https://zoom.us/j/510308326 +1 647 374 4685 Meeting ID: 510 308 326</p>
<p>20 Get Social Monday: Activity Ideas for Parents 10:30am-11:00am Join Zoom Meeting https://zoom.us/j/96573772 +1 647 558 0588 Meeting ID: 965 737 772</p>	<p>21 Learning Tuesday: Stress Management & Productivity 2:00pm-3:00pm Join Zoom Meeting https://zoom.us/j/869938899 +1 647 374 4685 Meeting ID: 869 938 899</p>	<p>22 Wellness Wednesday: Chair Yoga 2:00-3:30pm Join Zoom Meeting https://zoom.us/j/250988229 +1 647 374 4685 Meeting ID: 250 988 229</p>	<p>23 Training Thursday: Food Safety 2:00-3:00pm Join Zoom Meeting https://zoom.us/j/639321957 +1 647 558 0588 Meeting ID: 639 321 957</p>	<p>24 "Workers Rights" Workshop 10:00-12:00pm Join Zoom Meeting https://zoom.us/j/368770600 +1 647 374 4685 Meeting ID: 368 770 600 Fun Friday: Karaoke 1:00-3:30pm Join Zoom Meeting https://zoom.us/j/145468957 +1 647 558 0588 Meeting ID: 145 468 957</p>

<p>27 Get Social Monday: Virtual Book Club 10:30am-11:00am Join Zoom Meeting https://zoom.us/j/44323107 +1 647 558 0588 Meeting ID: 744 323 107</p>	<p>28 Learning Tuesday: Digital Skills (Social Media) 10:00-12pm Join Zoom Meeting https://zoom.us/j/385184150 +1 647 374 4685 Meeting ID: 385 184 150</p> <p>PassportONE Support & Tips 2:00-3:00pm Join Zoom Meeting https://zoom.us/j/152931844 +1 647 374 4685 Meeting ID: 152 931 844</p> <p>Youth Job Searching 3:00pm-4:00pm Join Zoom Meeting https://zoom.us/j/719627952 +1 647 558 0588 Meeting ID: 719 627 952</p>	<p>29 Wellness Wednesday: Live Cooking- Making Pantry Meals Fancy 2:00-4:00pm</p> <p>Join Zoom Meeting https://zoom.us/j/971231212 12 +1 647 558 0588 Meeting ID: 971 231 212</p>	<p>30 Training Thursday: RDSP Cantonese Workshop 2:00-3:00pm Join Zoom Meeting https://zoom.us/j/344302473 +1 647 374 4685 Meeting ID: 344 302 473</p> <p>Training Thursday: RDSP Workshop (English) 6:30pm- 8:00pm Join Zoom Meeting https://zoom.us/j/606387821 +1 647 374 4685 Meeting ID: 606 387 821</p>	<p>1 Fun Friday Virtual Talent Show 1:00-3:30pm Join Zoom Meeting https://zoom.us/j/228635369 69 +1 647 374 4685 Meeting ID: 228 635 369</p>
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Get Social Monday

Let's talk! Every Monday we present a variety of topics of fun and social topics for our youth and families. Join us for fun and laughter on Get Social Monday☺

Fun Friday

It's time to take a break and have some fun! Join us every Friday for interactive and fun activities to help you get through home-isolation

Hand Hygiene & PPE (Personal Protective Equipment)

Stopping infections right at the source through proper hand hygiene
Learn about protecting yourself against health or safety risks at work

Digital Skills (Social Media)

Learn skills on how to be safe online and on social media platforms
Learn in a fun and interactive way with your peers

Knowing Your Rights

Do you know your rights and responsibilities in the workplace? This workshop will review employee rights and responsibilities, Ontario Employment standards and Workplace Health and Safety standards.

Mindfulness & Meditation

This workshop will provide you with tools and tips for reducing anxiety and help you to learn how to relax and be mindful during stressful times.

Training Thursday:

Join us for a series of interactive trainings. Participants will be able to take part in a number of online training activities and will receive a completion certificate

RDSP Workshop (Cantonese/English)

Come to this workshop to learn about the Registered Disability Savings Plan and top 4 tips to maximize savings.

Employment Insurance (EI) Tips

Are you applying for EI during coronavirus? Let's review how to apply for EI, and what's next. You will learn step-by-step about EI benefits and how it applies to you.

Passport One Support & Tips

What is PassportONE? How to do the Passport funding reimbursement via the PassportONE? Any extension deadline for the claim of the year 2019-2020?

DIY Body & Lip Scrub

You will create your own custom body & Lip scrub!
You'll then learn about the unique benefits of natural skincare products

Food Safety

Gain the fundamental knowledge and skills required to handle food safely. ****Get a completion certificate at the end of the workshop****

Stress Management & Productivity

Learn how to identify, manage, reduce, and even eliminate sources of stress in the workplace to increase organizational productivity

Live Cooking- Making Pantry Meals Fancy

Do you love cooking? You will apply basic cooking knowledge and skills, learn how to use ingredients right from your pantry and build a cooking habit.

Staying Connected during Self-Isolation (Networking while at home)

You can still job search and network during coronavirus pandemic! You will learn tips and resources on how to network, building new relationships and expand your networking

Budgeting & Money Management Tips

Let's break down money management and budgeting in easy steps. Identify your money values so you can make smart decisions. Identify what your personal reason is for being good with your money

Online Health & Safety

Gain basic understanding of the occupational Health and Safety Act
This online learning module takes 45 - 60 minutes to complete. ****Get a completion certificate****

Time Management

How do you manage your time? Let's explore the value and benefit of having effective time management. Participant will learn different ways of managing their time and tools to help them be successful

Chair Yoga

Chair Yoga is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance