

**ARE YOU IN RECOVERY
FROM DRUG AND ALCOHOL ADDICTIONS?
UNDECIDED ABOUT YOUR FUTURE
LOOKING FOR A CAREER?**

We have the expertise to help you succeed!

We Offer the Following Program:

OASIS EMPLOYMENT ESSENTIALS PROGRAM

We help you create a new plan for yourself to re-enter the workforce or apply for further education or skills training.

Core Program includes Life Skills & Career/Education Planning topics such as:

- Building Self-Esteem
- Stress Management
- Exploring Anger Energy
- Assertiveness Skills
- Relationships And Team-Building
- Making Commitments
- Digital Literacy Skills
- Values and Skills Assessments
- Goal Setting
- Career Exploration
- Employment Action Plan
- Resume Preparation
- Labour Market Research Skills
- Personality Assessments (preferences)

Post - Program Support

Six months of post-program support help you reach your career goals; this includes:

- Meetings with Counsellors
- Resumes & Cover Letters
- Assisted Job Search
- Referrals & Advocacy
- Post Program Plan
- Access to Computers, Internet and Fax
- Workplace Mediation
- Job Development

**To be eligible for this program you must be an Ontario Works client
Please Ask Your Toronto Social Services Caseworker for a Referral for
the Oasis Employment Essentials program**

**Call us at: 416-461-7739 or Come see us at 921 Danforth Avenue
1/2 block west of Donlands subway station
Visit us online at: www.oasismovement.org**