



OGIMAAWABIITONG

Life Skills Workshops

Ochiichagwe'Babigo'ining First Nation
4 Workshops : Location: Community Hall

Space is limited please sign up early! Community members can attend, although

** OW, ODSP and Parents with Children in Care are priority participants for these workshops. **

October 12, 2017 10:00 AM — 12:30 PM

Budgeting

This workshop will cover the basic budgeting skills, saving methods and managing your money on a limited income. As part of the workshop we will partner with the gambling and addictions awareness worker in presenting effective ways to better manage the expensive costs in today's modern world.



October 19, 2017 10:00 AM — 12:30 PM

Social Media

Social networking sites are everywhere. How do potential employers use Facebook, Instagram and other networking sites to screen applicants? How can job-seekers use social media to land a job? What website information is useful during an interview? This workshop will look at ways we can carefully manage our image and ensure online activities are not hampering our job seeking efforts before sending out those resumes.



November 9, 2017 10:00 AM — 12:30 PM

Mixed Media

This workshop you will learn to work with more than one medium to create an artistic masterpiece. As an introductory workshop into the arts, mixed media is about engaging in individual creativity.



November 23, 2017 10:00 AM — 12:30 PM

What if?

Ontario Works vs. Employment Benefits of working. It contributes to our happiness, helps us to build confidence and self-esteem, and rewards us financially. Because of these benefits, it is important to return to work as soon as possible after an illness or injury.



To register for these workshops you must contact the Life Skills Office. 807.467.8144 ext. 269 or contact the community OW Worker.

*Life Skills are learned and not something we are born with.
We learn from our parents, caregivers, family, elders, teachers and our environment.*

