



# ways2work



## w2w: Why it may work for you

By: John Ford, w2w Employment Counsellor  
 ways2work is an intensive 4 week program aimed at empowering young people with the skills and knowledge to be successful in work and life.

We work with participants to help them recognize whatever it is that might be keeping them from meeting their goals, and cover topics from stress management to meeting employer expectations. The program is designed to be engaging, dynamic and meaningful to participants.

Each week of the program is divided into group discussion, team building activities, art projects and self-reflection exercises, alongside a number of workplace tours, visits from guest speakers and more, all aimed at meeting the varieties of interests and learning styles of our group members.

Everyone who does the ways2work program benefits from the 4 credentials they get (First Aid, WHMIS, Safe food Handling, and Smart Serve). Participants will receive minimum wage, but more than that they tend to leave having gained a lot more. A sense of accomplishment, direction and having had the opportunity to make real positive change in their lives.



From left to right: John Ford, Deirdre Smyth and Chris Hussey run the w2w program which is based out of the Norfolk office. Together, these three have been developing and facilitating the w2w program since it's creation in 2008.

### The Basics

**Length:** 4 weeks, full time (30 hours per week)

**Focus:** Employability and Life Skills

**Location:** 2nd Chance Norfolk Office

**Start:** New group monthly

### Are you eligible?

- ◆ Youth 15-30
- ◆ Out of school
- ◆ Not in receipt of employment insurance
- ◆ In need of assistance to overcome

### W2W WORDS TO REMEMBER....

- “I felt better listened to in this program than I ever have, perhaps in my (whole) life.” - Gryphon
- “I felt like somebody. I’m leaving this group with a more positive outlook on my self and life.” - Anonymous
- “Ten out of five stars if you ask me. Loved it!” - Aaron
- “The lessons you taught me reminded me to always keep trying, whatever the reason.” Martina
- “This program filled my expectations and went beyond, creating paths to new horizons and perspectives. What you do is changing lives for the better.” - Anonymous