

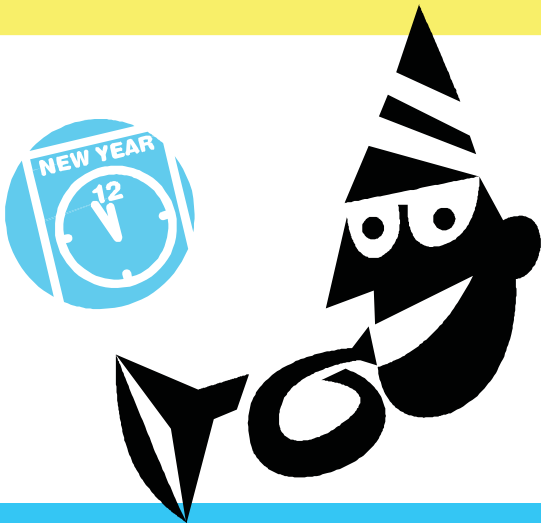
HAPPY NEW YEAR!

Could you use some support and motivation with your job search?

If you answered yes, then you should come to the Job Finding Club! If you are a youth, the Job Finding Club is a great way for you to search for work in a supportive environment. Come network with other young people, as well as 2nd Chance staff, to discuss current job leads, obstacles to employment, and work goals.

The Job Finding Club takes place each Monday morning at 10am, in the Norfolk Office Resource Centre.

If you have any questions, please feel free to contact Deirdre Smyth at 519-823-2440. We hope to see you there!



“Cheers to a new year and another chance for us to get it right.”
Oprah Winfrey

The Forbidden Words

By Michelle Huestis (Fergus Office)

With the start of a New Year, I’m reminded of the forbidden word(s) in my vocabulary “New Years Resolution”! Although I often catch myself thinking about things I would like to change about myself or my current situation, I often lack the tools and motivation to follow through. Yet, once again with the start of a New Year, I find myself tempted to make and more importantly stick to at least one resolution!

I’m sure I’m not alone in my quest to fulfill at least one New Years resolution in my lifetime so I’ve decided to share the below tips taken from www.quintessentialcareers.com. Hopefully they will encourage and motivate us all to make our hopes and dreams become reality in 2009.

- ◆ **Forgive yourself if you lapse.** Mistakes and slip-ups are going to occasionally happen. Rather than beating yourself up for taking a step backward, take a moment to analyze why the slip-up happened and what you can do in the future to prevent it from happening again, and then move on with your life. Don't punish yourself for being human. Forgive and forget -- and keep your focus on achieving your goal.
- ◆ **Request and accept support.** When possible, enlist the emotional support of your family and friends to give you the additional willpower and determination to stick to your plan and achieve your goal. If necessary, seek out a support group. ((local or online) -- such as a job club.
- ◆ **Document -- and celebrate -- your successes.** With each small step you take to achieving your goal, reward yourself with some small emotional reward. By recording your progress, you are creating tangible proof that you can succeed and that you are making concrete progress toward your goal. Use that document as motivation whenever you are struggling with keeping your plans or doubting your progress.

Don't forget to check the back for workshops, job fairs and other events...

January 2009 ~ 2nd CHANCE EVENTS

Questions? Ask any 2nd Chance staff
or call our main office at 519-823-2440

Monday	Tuesday	Wednesday	Thursday	Friday
	COME CHECK IT OUT!		1	2
5 Youth Job Finding Club @10 (Norfolk)	6 Drop In Activities 3-4:30 (YRC)	7 Video Games 4-6 YRC YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1:30-3	8 Popcorn & Movie Night @ YRC 4-6 YWAP @ 2 (YRC)	9
12 Youth Job Finding Club @10 (Norfolk)	13 Drop In Activities 3-4:30 (YRC)	14 Video Games 4-6 @ YRC YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1:30-3	15 "Scene It" games night @ YRC 4-6	
19 Youth Job Finding Club @10 (Norfolk)	20 Drop In Activities 3-4:30 (YRC) Ace the Interview Workshop (Norfolk), 1:30-3:30	21 Video Games 4-6 @ YRC YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1:30-3	22 Pizza & Trivia Night @ YRC 4-6 YWAP @ 2 (YRC)	23
26 Youth Job Finding Club @10 (Norfolk)	27 Drop In Activities 3-4:30 (YRC)	28 Video Games 4-6 @ YRC YWAP/ Keys to Workplace Survival Workshops (Norfolk) 1:30-3	29 Arts Club—Make paper lanterns for Chinese New Year! @ YRC 4-6	30

Workshop Descriptions:

YWAP:

Learn how to avoid accidents at work - and what to do if they happen!

Keys to Workplace Survival:

You can survive and succeed in your job! Learn how!

Ace the Interview:

Wow employers by presenting your skills like an expert!

Please call 519-823-2440 for more info on these or other listed events

Where is 2nd Chance?

Downtown Guelph

177 Norfolk St., 519-823-2440

Monday to Friday
8:30 am to 4:30 pm

Youth Resource Centre

Stone Road Mall, 519-823-2818

Mon/Tues 9:30 to 4:30
Wed/Thurs 9:30 to 7:00
Friday 12:30 to 4:30

Fergus

160 St. David St., 519-843-5513

Monday to Friday
8:30 am to 4:30 pm

NOTE: Workshops are also held at schools and other organizations in the community. For more information, check www.2ndchance.ca/jobs/events.shtml or give us a call!