



STEPS TO RECOVERY

Assisting people who are in recovery or impacted by drug and alcohol addiction!

4 Week Pre-Employment Program Includes:

Life Skills:

- ✓ Effective Problem Solving
- ✓ Time Management
- ✓ Healthy Relationships in Recovery
- ✓ Anger Management
- ✓ Stress Management
- ✓ Boundaries
- ✓ Goal Settings
- ✓ Money Management

Self-Discovery:

- ✓ Personality Dimensions
- ✓ Career Dimensions
- ✓ Learning Styles

Computer Skills:

- ✓ Microsoft Office 2013

Employment:

- ✓ Resumes & Cover Letters
- ✓ Job Search
- ✓ Interview Skills

Courses are FREE of Charge

NEXT COURSE:

SEPTEMBER 4TH TO SEPTEMBER 28TH
2:00PM TO 4:00PM MONDAY TO FRIDAY

LOCATION:

YORKWORKS EMPLOYMENT SERVICES
20887 DALTON RD, SUTTON
905-722-1480

TO BE ELIGIBLE FOR THIS PROGRAM YOU MUST BE:

- ✓ Impacted by alcohol and/or drug addiction
- ✓ Interested in recovery
- ✓ Able to attend a 4 week program to completion



Over 75% of all past participants resulted in Employment or Employment related activities

To Register or for more Info contact:

Tina Bentley 905-762-1551 x405
tbentley@stepsrecovery.com
Yorkworks 905-722-1480
contactsutton@yorkworks.ca

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