

Welcome to Opportunity Outlook!

Welcome to the very first edition of Opportunity Outlook, your monthly guide to events, services, and resources at the Lethbridge Opportunity Hub!

As we settle into November in Lethbridge, we're focusing on reflection, resilience, and new opportunities for growth within our community.

This month, we are excited to bring back some workshops here at the Hub, including Focus Zone, a dedicated space for getting homework done and tackling exam prep with support.

In this edition, we're shining our Service Spotlight on Employment Readiness, where you'll find resources and tips for building skills that will help open doors to new opportunities.

And don't miss this month's Mental Health Moment, offering guidance on navigating change and managing the stress that often comes with exam season.

We are thrilled to support your journey in building good mental health this November—let's make it a month of growth and reflection!

Upcoming events

Focus Zone

November 6th & November 8th | 2pm - 5pm

A dedicated study space to tackle homework and prepare for exams.

Office Closed

November 11th

Closed for Remembrance Day.

Learner's Prep Workshop (2-Day)

November 13th - 14th | 3pm - 6pm

We'll review the Alberta Driver's Manual to prep for the exam. Attend the workshop and complete the final exam - we'll cover the test cost!

All Things Employment

November 18th | 11am, 1pm, 2pm, 3pm

1:1 sessions tailored for YOU! Pick a time and topic.

Lunch @ The Hub

November 19th | 12pm - 2pm

Join us for a casual lunch and connect with the Hub community.

Skillset Studio: 3-Day Employment Readiness Workshop

November 27th - 29th | 2pm - 5pm (Day 3 Bonus: 12pm - 5pm)

- Day 1: "What do I bring to the table?"
- Day 2: All-Things-Employment Prep
- Day 3 (Bonus): Condensed Learner's Prep



WANNA DRIVE? NOVEMBER 13 & 14

2-Day Learner's Prep (Class-7 GDL) Workshop

- Review the current Alberta Driver's Manual
- Prepare for the exam with practice questions, a mock exam, and practical driving tips and tricks
- Attend the workshop and complete the final exam, we'll cover the cost of your test!



Service Spotlight

Employment Readiness

At the Lethbridge Opportunity Hub, we're here to support young people in overcoming barriers to finding and keeping meaningful employment - whatever that path looks like for them.

Our team offers personalized help - with everything from finding the right counsellor and building confidence, to creating a strong resume that stands out.

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We also provide job interview preparation, professionalism training, budgeting skills, and so much more.

Whether you're just starting out or looking to take the next step in your career journey, the Lethbridge Opportunity Hub is here to help you succeed! Check out All Things Employment to learn more on how we can support you!

All Things Employment

November 18th | Sessions at 11am, 1pm, 2pm, and 3pm

All Things Employment is a chance to explore the essential skills needed for job success in a personalized, one-on-one session tailored just for you. Select a time that fits your schedule and dive into topics that suit your unique career journey.

Available topics:

- Resume and Cover Letter Prep
- Learner's License Prep
- Job Interviewing Skills
- Professionalism
- Communication Skills
- Career Exploration
- College/University Support
- Time Management
- Healthy Living
- Healthy Relationships
- Dealing with Difficult People
- Staying Organized
- Setting Boundaries
- Meal Planning
- Budgeting and Stretching Your Dollars



Mental Health Moment

Navigating Change with Confidence

Change is a natural part of life, but it can be difficult for children and young adults to adjust, whether it's starting a new grade, moving homes, or switching schools.

Here are some ways to make transitions smoother:

1. Having consistent daily activities helps children feel safe and grounded during times of change.
2. Encourage open conversations about their feelings. Ask, "What are you excited about?" or "What worries you the most?"
3. Let them know it's okay to feel sad, anxious, or frustrated.
4. Help them manage changes step-by-step instead of focusing on everything at once.
5. Focus on the opportunities that come with the change while still validating their challenges.

If the transition feels overwhelming for your child, know that it's okay to seek support. Change isn't always easy, but it helps us grow.

Get in touch with the Lethbridge Opportunity Hub!

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Join the Hub Club!

