



# SOUTH GRENVILLE EMPLOYMENT RESOURCE CENTRE

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## APRIL 2024

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### IN MOTION & MOMENTUM+

IM&M+ is a 10 week strengths-based action-oriented program that helps you reconnect with your potential, take charge and live the life you want to live.

#### In this program, you will experience

#### What it looks like:

- Small group atmosphere
- Relaxed mood, no pressure
- Fun, empowering activities
- A safe space to be who you are with no judgement

#### IN MOTION

(3 wks, 3 days/wk) Focus on who you are – your strengths and skills. Build a vision for now and for the future and get support for making it happen!

#### MOMENTUM

(4 wks, 4 days/wk) Continue to build on your vision and take steps to make it a reality! Contribute in meaningful ways to your community in collaboration with others and build valuable transferrable skills!

#### MOMENTUM +

(2 days/wk for 3 wks) Continue to build momentum towards achieving your goals. Move from planning the life you want to starting to live it!

Let's Keep in Touch!

My name is:

**Rod Palmer**

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613-925-0222

Next group starts:

April 2024!



#### OUTREACH SERVICES:

Service Canada: April 4th, 2024 (9:30AM-2:30PM)

Call us at 613-925-0222. Visit us at 191 King Street East, Prescott, ON.