



NORTH 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!

Next group starts:—

My name is:

Rod Palmer

rod@cseconsulting.com

613-925-0222

April 2024!



OUTREACH SERVICES:

Merrickville Health Centre: April 11th, 2024 (9:00AM-11:30AM)

TR Leger Kemptville: April 10th, 2024 (10:00AM-11:30AM)

Call us at 613-258-6576. Visit us at 125 Prescott Street, Kemptville, ON.