



opportunitiesforemployment

HOPE IN ACTION

## Stages of Change for Persons with a Disability



### Description:

The program offers proven Stages of Change interventions and employment support to persons diagnosed with a disability, to find and maintain meaningful employment.

### Program Eligibility:

- 18 years of age or older
- Receiving EIA disability benefits and / or has an open file with the marketAbilities Program

### General Information about the Process:

- Step 1:** Attend an intake appointment
- Step 2:** Attend a Work Readiness Orientation session
- Step 3:** Meet one-on-one with Employment Consultant to develop an employment plan
- Step 4:** Meet with Employment Consultant weekly to work on employment goals
- Step 5:** Attend job search activities and training
- Step 6:** Support to maintain employment

### Additional Supports:

- One-on-one motivational counselling
- Stages of Change workshops
- Job Support Groups every Monday & Thursday 9:00 am to 11:00 am
- Job Match session Monday to Thursday at 9:30 am (receive hidden job leads)
- Monthly Job Fair (meet directly with employers)
- Work preparation workshops (Confidence Building, Communication Skills, Money Management, Interview Skills, Job Search Skills, Job Retention, Mock Interviews, etc.)
- Free training & certification to increase employability (Basic Computer Skills, MS Office Training, CPR / First Aid Training, WHMIS, Lift Truck Theory Certificate, Certified Safe Food Handling, Responsible Alcohol Server's Certificate, Non-Violent Conflict Management, etc.)
- Job Resource Area (daily job listings, computers, printing, faxing, telephones and message service)

For further information, please contact Dinuk Dias, Program Manager at **(204) 226-9211** or [dinukd@ofe.ca](mailto:dinukd@ofe.ca).

You can self-refer or send your referrals to: [ofe4change@ofe.ca](mailto:ofe4change@ofe.ca).

*Since inception, the project has enjoyed consistently high results, supporting the proven Stages of Change research (see Research section on OFE web site).*