

JOIN US FOR VIRTUAL

STUDENT POWER HOUR



HUMAN
POWERED

VIRTUAL **JOB GYM**
EMPLOYMENT SERVICES 

Join the School to Work team once a week for power hour.
We will post the date and sign up information
online before the sessions.

Topics include:

Resumes, Interviews, Healthy Habits,
Mindfulness, Dealing with Stress,
Time Management, Secondary
and Post- Secondary Career
Exploration, and more!

Please reach out to **Farrah** at fglabb@jhs-niagara.ca
Or **Laura** at lahumada@jhs-niagara.ca for more information



www.jobgym.com