

Handout 4: Program Overview

Module 1: Introductions and program overview

Module 2: Health – Promoting healthy lifestyle; visit from the Public Health Nurse

Module 3: Education – Exploring types of schools; registering your child for school; reading a report card; parent teacher interviews; school problems.

Module 4: Employment – What type of employment suits you? What skills do you require to do the job? Conducting a job search: building a resume and cover letter, filling out an application, job interview and practice.

Module 5: Just for Mom – It's okay to take time for yourself! Exploring hobbies and interests, ways to pamper yourself.

Module 6: Finishing up and next steps – Assessing goal completion and exploring next steps. Completion Ceremony!!

Do you have any questions? Is there anything else you would like to learn?