

# GROWTH 4 U



## What Growth 4 U has to offer:

- ✓ An opportunity to gain employability skills that are directly related to employment
- ✓ In-depth client assessments, case management and Return to Work Action Plans
- ✓ 8 week paid work experience placement
- ✓ Ongoing support to find meaningful employment if client is not hired by work experience host

This program is funded by the  
Government of Canada

**Canada** 

Since 1989, McBride Career Group Inc. Has successfully trained and supported many Albertans in their job search through various programs and workshops that are designed to enhance or retrain displaced workers. McBride's group of professional career practitioners helps the unemployed find suitable employment by increasing their job skills and offering employment support and development.

Growth 4 U is a program specifically designed for individuals with mental illness, of any age, who require assistance to obtain and maintain employment.

Based on the Individual Placement and Support Model, staff work with clients to create a Return to Work Action Plan, which outlines the steps needed to successfully enter or re-enter the workforce.

Clients attend workshops to prepare them for employment. This includes:

- ✓ Communicating on the Job
- ✓ Conflict Resolution
- ✓ Health and Wellness
- ✓ Self Esteem
- ✓ Resume Writing
- ✓ Interview Skills

## **Glenda Keating**

**Program Coordinator**

Phone: 403-296-8673

Fax: 403-777-5655

[gkeating@mcbridecareergroup.com](mailto:gkeating@mcbridecareergroup.com)

Continuous Intake

**To be eligible clients must not have received  
EI in the last 3 years**