

# GROWTH 4 U



- ✓ 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** 

## **Eligibility Criteria:**

- ✓ Clients must not have received EI in the last 3 years or Medical EI in the past 5 years
- ✓ Client's mental illness must be under control
- ✓ Clients must be ready, willing and able to work

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

Clients attend workshops to prepare them for employment.

These include:

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

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Continuous Intake