



COSTI EMPLOYMENT SERVICES

ONLINE SPECIAL EVENTS | JULY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CANADA DAY OFFICES CLLOSED	2	3 MOCK VIRTUAL INTERVIEW 10:00 am—12:00 pm TO REGISTER CLICK HERE TO EMAIL
6 VIRTUAL MEDITATION 3:00 pm—4:00 pm TO REGISTER CLICK HERE	7	8 YOUTH JOB CONNECTION & YOUTH JOB CONNECTION SUMMER—INFORMATION SESSION 2:00pm—3:00 pm TO REGISTER CLICK HERE	9 AMAZON INFORMATION SESSION 10:00 am—11:00 am CLICK HERE TO REGISTER	10 nPOWER INFORMATION SESSION 10:00 am—11:00 am TO REGISTER CLICK HERE PROTECTING YOURSELF AGAINST JOB SEARCH SCAMS 2:00 pm —4:00 pm TO REGISTER CLICK HERE
13 VIRTUAL MEDITATION 3:00 pm—4:00 pm TO REGISTER CLICK HERE SPEAK TO A PROFESSIONAL COUNSELLOR—CLICK HERE TO MAKE AN APPOINTMENT	14	15 CERTIFIED FOOD HANDLING ONLINE PROGRAM 9:00 am—1:00 pm CALL 416.588.2240 TO REGISTER YOUTH JOB CONNECTION INFORMATION SESSION 2:00 pm—3:00 pm TO REGISTER CLICK HERE	16 CREDENTIAL EVALUATION AND ASSESSMENT 2:00 pm—3:00 pm TO REGISTER CLICK HERE	17 MOCK VIRTUAL INTERVIEW 10:00 am—12:00 pm TO REGISTER CLICK HERE TO EMAIL
20 VIRTUAL MEDITATION 3:00 pm—4:00 pm TO REGISTER CLICK HERE SPEAK TO A PROFESSIONAL COUNSELLOR—CLICK HERE TO MAKE AN APPOINTMENT YOUTH JOB CONNECTION (YJC) WORKSHOP (2 WEEKS) CLICK HERE TO REGISTER	21	22 YOUTH JOB CONNECTION & YOUTH JOB CONNECTION SUMMER—INFORMATION SESSION 2:00 pm—3:00 pm TO REGISTER CLICK HERE TO EMAIL PARAGON SECURITY GUARD VIRTUAL HIRING EVENT 10:00 am—2:00 pm CALL 416.588.2240 TO REGISTER	23	24 MOCK VIRTUAL INTERVIEW 10:00 am—12:00 pm TO REGISTER CLICK HERE TO EMAIL STRESS MANAGEMENT 10:00 am—11:30 am TO REGISTER CLICK HERE
27 SPEAK TO A PROFESSIONAL COUNSELLOR—CLICK HERE TO MAKE AN APPOINTMENT VIRTUAL MEDITATION 3:00 pm—4:00 pm TO REGISTER CLICK HERE	28 WORKERS RIGHTS DURING COVID-19 & RETURN TO WORK 12:30 pm—1:30 pm TO REGISTIER CLICK HERE	29 GET YOURSELF MOTIVATED WHILE JOB SEARCHING 2:00 pm—3:30 pm TO REGISTER CLICK HERE YOUTH JOB CONNECTION & YOUTH JOB CONNECTION SUMMER—INFORMATION SESSION 2:00 pm—3:00 pm TO REGISTER CLICK HERE TO EMAIL	30	31

July Special Event Descriptions

COSTI Employment Services is offering all employment workshops online in the form of webinars and virtual meetings. To register for any of our special events, click on the links (HERE + Ctrl) or contact us at 647.827.1425.

To access the Online Services workshops go to [COSTI ONLINE SERVICES](#) and create an account. You will then be directed to the courses.

AMAZON INFORMATION SESSION: Amazon is growing again. Join us to find out how you can become a full time warehouse team member. **July 9**

CREDENTIAL EVALUATION AND ASSESSMENT: Are You internationally trained and looking to start working in Canada? Join us for this informative session where you will find out how and where to get your credentials evaluated. **July 16**

GET YOURSELF MOTIVATED: During challenging times it may be difficult to get yourself motivated to explore new options or to continue and improve what you are doing. These last few months we have been living challenging times and therefore sometimes find it hard to keep going. Join us for an one-hour discussion of what is motivation and how you can use it to change your thinking. **July 29**

MEDITATION MONDAYS: COSTI is committed to supporting clients and promoting self-care during these uniquely stressful times. Meditation (or mindfulness practice) is a beautiful way to stay grounded. It teaches us to be in the present moment so that we can savor the good times while better managing the trying ones. It helps us to stay connected with our true essence, building our sense of self-love and worth. Studies have linked mindfulness to better concentration, peace of mind, increased focus, and boosts of memory. **July 6, 13, 20 & 27**

MOCK VIRTUAL INTERVIEW: During these challenging times, how we interview has changed. Take our Ace Your Interview webinar and then sign up to practice your interview skills using Zoom, one of the many online platforms. **July 3, 17 & 24**

nPOWER INFORMATION SESSION: Learn how you can begin your tech career by completing one of the nPower Canada's FREE training programs in only 15 weeks! **July 10**

PARAGON SECURITY GUARD VIRTUAL HIRING EVENT: Register to attend a virtual interview as a security guard. Positions available across the GTA! Various shifts. No license needed. **July 22**

PROTECTING YOURSELF AGAINST JOB SEARCH SCAMS: Join us for a two-hour Webinar. Key insights will be shared on various types of job search scams in operation and how to identify ways to steer clear. The Webinar will discuss how to Recognize, Reject and Report Job Search Scams. **July 10**

SPEAK TO A PROFESSIONAL COUNSELLOR: New to COSTI? Need to speak to someone who can answer your employment questions? Click on the link to register to virtually meet with one of our professional employment consultants. **July 13, 20 & 27**

STRESS MANAGEMENT: Are you feeling overwhelmed and stressed? Finding it hard to balance life right now? Do you need the tools to manage stress and help you to adjust to the changes? In this workshop, we will identify the triggers of stress and provide techniques to overcome those feelings. We will also look at goal setting, prioritizing to help manage life's demands. **July 24**

WORKERS RIGHTS DURING COVID-19 & RETURN TO WORK WEBINAR: Join us to hear our guest speaker from the West Scarborough Community Legal Services talk about your rights upon returning to work during this time of COVID-19. **July 28**

YOUTH JOB CONNECTION INFORMATION SESSION (YJC): This program serves youth aged 15-29 years of age and that are out of school and out of work. **July 15**

YOUTH JOB CONNECTION—SUMMER (YJC-S): This program targets youth aged 15-18 years of age that are still attending school. These are paid work search & job placement programs that assist youth experiencing multiple barriers to employment. **July 8, 22 & 29**