PARTICIPANT ACTIVITIES INCLUDE:
- Group and 1:1 support with Career assessments
- Develop helpful workplace habits & social skills
- Research and improve skills to:
  - Building self-esteem
  - Feel better about yourself
  - Practice positive self talk
  - Assess your skills
  - Identify affirmations
  - Problem solving
  - Budgeting
  - Parenting skills
  - Identify resources
  - Employment retention
  - Improve work-life balance
  - Decision making
  - Effective communication
  - Interpersonal relationships
  - Time management
  - Practice lifelong learning

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