

Value Added Workshops

that can assist people in preparing for work



These include:

- Mental Health First Aid
- First Aid and CPR
- Service Best
- WHMIS
- Life Skills
- Food Safety
- Dealing with Difficult People
- True Colors
- Laughter Yoga
 - Here is a link to show an example of what exactly Laughter Yoga is www.youtube.com/watch?v=sT1XCUJ4CH4