

# July 2025-Programs and Services @ the C5 North East Community Hub

## (14017 Victoria Trail NW, Edmonton, AB)

### Monday

Employment Services  
9AM-4PM

Drop In Resources and  
Supports- C5 Hub

### Ongoing & New Program

**Seniors Drop In**  
July 8<sup>th</sup>

**Post Partum Support  
Group- Parents with  
Children Ages 0-3**  
Date TBD

### Tuesday

Employment Services  
9AM-4PM

Drop In Resources and  
Supports- C5 Hub

Health for Two  
ECD Space  
1:30PM-3PM

Seniors Coffee  
First Tuesday of every  
month-

Civida Dates

June 10<sup>th</sup>  
June 24<sup>th</sup>

### Wednesday

Employment Services  
9AM-4PM

Drop In Resources and  
Supports- C5 Hub

Empower U- Norwood  
April 10<sup>th</sup>- June 26<sup>th</sup>  
2:00-4:00  
Registered

Soup & Bannock  
Schedule

June 11<sup>th</sup>  
June 25<sup>th</sup>

### Thursday

Employment Services  
9AM-4PM

Drop In Resources and  
Supports- C5 Hub

CIVIDA Housing  
Every 2nd Thursday  
9AM-4PM

### Friday

Employment Services  
9AM-4PM

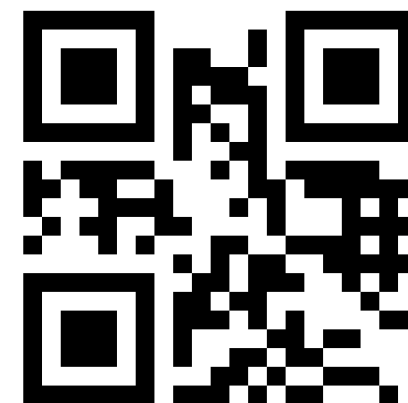
Drop In Resources and  
Supports- C5 Hub

Norwood Stay and Play  
ECD Space  
10AM-12PM

Soup & Bannock  
11:30AM-1PM  
Every second Friday

SAGE Amazing Elders  
1 pm- 3pm

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## TALK TO US

C5 Hub-14017 Victoria Trail  
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# July 2025

## Programs and Services @ the C5 Employment Hub (14017 Victoria Trail NW, Edmonton, AB)

Monday

**Foundations of Job Search**  
10AM-12PM

**Canadian Workplace Culture and Inter-Cultural Awareness**  
1PM-3PM

Tuesday

**The Labour Market and Networking**  
10AM-12PM

**Practical Time Management**  
1PM-2PM

**Practical Time Management**  
2PM-3PM

Wednesday

**Effective Resume Writing**  
10AM-12PM

**Effective Cover Letters and Emails**  
1PM-3PM

Thursday

**Interview Strategies: The Process**  
10AM-12PM

**Interview Strategies: Q&A**  
1PM-3PM

Friday

**Practical Conflict Management**  
1PM-2PM

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- Foundations of Job Search (2hrs.)
- The Labour Market and Networking (2hrs.)
- Effective Resume Writing (2hrs.)
- Effective Cover Letters and Emails (2hrs.)
- Interview Strategies: The Process (2hrs.)
- Interview Strategies: Questions and Answers (2hrs.)

- Canadian Workplace Culture (1hr.) and Inter-Cultural Awareness (1hr.)
- Practical Personal Safety (1hr.)
- Practical Time Management (1hr.)
- Practical Conflict Management (1hr.)
- What to do now? After COVID-19? (Management of Change) (1hr.)

Please Note all Trainings are completed on site- Online