

December 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

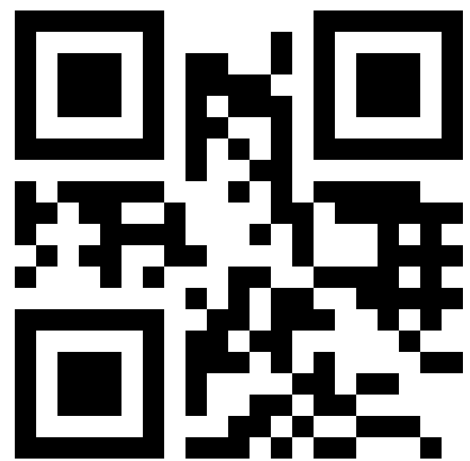
Interview Strategies:
The Process
10AM-12PM

Interview Strategies:
Q&A
1PM-3PM

Friday

Practical Conflict
Management
1PM-2PM

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ESSENTIAL WORKSHOPS (EMPLOYMENT SKILLS)

- 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.)

ELECTIVE WORKSHOPS (LIFE SKILLS)

- 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