

# October 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

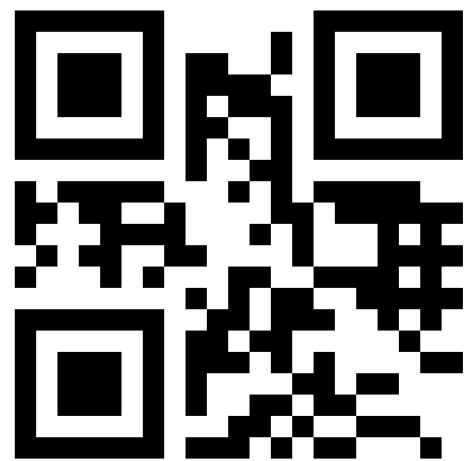
Interview Strategies:  
The Process  
10AM-12PM

Interview Strategies:  
Q&A  
1PM-3PM

## Friday

Practical Conflict  
Management  
1PM-2PM

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GO TO [WWW.C5YEG.CA](http://WWW.C5YEG.CA)

### 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