

# Workforce Training for Justice-Impacted Individuals

*Supporting Mental Health, Wellbeing, and Empowerment in Your Return to Work*



Oct. 22, 2024, 5:30-7:30PM  
Nov. 12, 2024 5:30-7:30PM

## TRAINING OVERVIEW

Are you reentering the workforce after incarceration? Join us for specialized workforce training designed to support your mental health and wellbeing while empowering you to overcome challenges and find meaningful work.

### FORMAT:



- An in-person session at WorkSource Montgomery County offices October 22 from 5:30 to 7:30
- A virtual on-demand training
- Final in-person session at WorkSource Montgomery County offices November 12 from 5:30 to 7:30



### WE VALUE YOU & YOUR TIME

#### We will provide:

- A \$200 stipend will be provided upon completion of all training sessions.
- Dinner and refreshments will be served during in-person sessions.
- Handouts and training materials will be provided to all participants.

## TOPICS

### MENTAL HEALTH & WELLNESS

- Learn what emotional wellness is and how to practice managing stress at work and in life.

### EFFECTIVE COMMUNICATION

- Develop active listening skills in both peer and professional settings.
- Improve communication and conflict resolution through empathy, particularly in the workplace.

### PERSONAL GROWTH

- Develop self-reflection and growth practices.
- Identify personal strengths and create a plan for ongoing growth.

### LEADERSHIP & TRUST

- Learn to build trust in professional and peer settings.
- Develop leadership and accountability skills for stronger connections with peers and in the workplace.

**READY TO JOIN?**



[SIGN-UP LINK](#)