



Youth Re-engage Workshops

Skill up and have fun learning

Free two-hour, one-on-one, online workshops

Pick a topic:

- Stuck at home and how to get through it
- Resilience building
- Self-care strategies and plans
- Mindfulness and meditation intro
- Exploring careers and employability skills
- Job hunting, apprenticeships and traineeships
- Resumes and cover letters
- Interview skills
- Prepare for the workplace
- Finding and preparing to apply for courses
- Study skills and habits that support study



To join a workshop you need to:

- be 16 – 25 years and ready to engage in the program fully
- have
 - a case worker
 - access to email
 - access to a mobile, laptop or computer with internet, camera and mic
 - pen and paper or printer

To get involved contact: CCareline on **13 18 19** or email connect@catholiccare.org