



# Counselling & Career Centre



## October 2017 Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 Career Drop In 1-2 pm	3 Career Drop In 11:30 – 12:30 am	4 Career Drop In 10:30 – 11:30 am	5 Career Drop In 10:00 – 11:00 am	6 Career Drop In 10:30 – 11:30 am
9 <b>COLLEGE CLOSED</b>	10 Career Drop In 11:30 – 12:30 am	11 Career Drop In 10:30 – 11:30 am	12 Career Drop In 1-2 pm	13 Career Drop In 10:30 – 11:30 am
16 Career Drop In 10:30 – 11:30 am	17 Career Drop In 11:30 – 12:30 am  EMPLOYER SPOTLIGHT – Main Campus	18 Career Drop In 10:30 – 11:30 am	19 Career Drop In 1-2 pm	20 Career Drop In 10:30 – 11:30 am
23 Career Drop In 1-2 pm	24 Career Drop In 11:30 – 12:30 am	25 Career Drop In 10:30 – 11:30 am	26 Career Drop In 1-2 pm	27 Career Drop In 10:30 – 11:30 am
30 Career Drop In 1-2 pm	31 Career Drop In 11:30 – 12:30 am			

### Counselling Intake Hours Monday to Friday 10:00 am ~ 3:00 pm

#### **CAREER DROP IN:**

Drop in to get help with career planning, job search, resumes and cover letter, interview skills, volunteering and information on what you can do with your education.

**Mon 1:00pm - 2:00pm, Tues 11:30am - 12:30pm,  
Wed 10:30am - 11:30am, Thurs 1:00pm - 2:00pm,  
Fri 10:30am - 11:30am | Rm 1402**

#### **EMPLOYER SPOTLIGHT:**

Come and connect with employers about great upcoming job opportunities.

#### **CAMPUS CONNECTIONS PROGRAM:**

If you have a natural ability to help others, this training is for you. Learn how to support others' well-being by being a supportive listener and recognizing the signs of mental health issues, suicide and help seeking behavior. Key factors to the program are: understanding your limits, when to refer to community resources and how to look after yourself as a helper. To register: [campusconnections@rdc.ab.ca](mailto:campusconnections@rdc.ab.ca).