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We acknowledge the tragic discovery of the remains of children at some of Canada's residential schools by sharing the following quote – "To bear witness to someone's wound is a privilege and an opportunity to deepen the relationship beyond the idealistic views we might have of each other into the real truth of both our light and our shadows." Dr. Lissa Rankin

PROFILE - KIRA CHONG

What was originally planned as a collaborative art project became a first solo effort for Kira Chong due to the COVID-19 pandemic. Spending many hours over the course of three weeks, and using common housepaint as a medium, Kira created this stunning mural gracing one wall of the pre-employment training room at Our Workplace.



Inspired by the character of Shego from the Disney show, Kim Possible, Kira sought to convey strength and acknowledge mental health, while recognizing that the "villain" isn't always the 'villain. There are also key words of support and encouragement woven into the imagery, along with the names of many of the successful graduates of programs run by Our Workplace.

The prominence of sneakers in the mural is no accident. Kira views shoes as a walking art gallery. In fact, she paints shoes for a living and is currently working on her first shoe collection! Kira graduated in 2019 from the University of Victoria with a Bachelor of Education, and currently works at the university as an Education Technology Support Specialist helping to develop online courses and supporting faculty, staff and students navigate the transition to remote learning.

Kira's mural remains as a positive and powerful reminder that we are all on a path to realizing and re-inventing ourselves.



OUR VOLUNTEER FACILITATORS



IAN TAYLOR

Ian Taylor is a new volunteer facilitator, leading a workshop on successful job interviewing. However, that's not what originally brought Ian into the office. As Director of Corporate Sales for Monk Office, he was interested in the return-to-work programs offered by Our WorkPlace and how they might complement similar programs run by Monk. Ian understands the many barriers faced by our clients and the difficulties they can encounter when seeking a return to work. He also understands the importance of a good job interview. We appreciate Ian's involvement with Our WorkPlace and his wish to give back to the community and look forward to the opportunity to work collaboratively with him and with Monk Office in the future.



VARUN DHAUL

Varun Dhaul is our newest volunteer and will be offering his expertise in the Tech Café every Monday during the summer. A native Victorian, Varun studies Law at Thompson Rivers University in Kamloops. In fact, it was a fellow student who told him about Our WorkPlace! In addition to supporting clients at Our WorkPlace, Varun is a member of the Board of Directors of the Victoria Brain Injury Society. Welcome Varun!



Happy graduates of our Women In Progress workshop, with program manager Ashley and facilitator Nancy. Congratulations everyone!

UPCOMING EVENTS

DIGITAL JOB HUNTERS

JULY 26TH - AUGUST 18TH

SEPTEMBER 13TH - OCTOBER 6TH

PEOPLE IN PROGRESS (PIP)

JULY 27TH - AUGUST 20TH

WOMEN IN PROGRESS (WIP)

SEPTEMBER 14TH - OCTOBER 8TH

To register for the groups, please contact: Paula
at paulag@ourplacesociety.com
or call her at 778-817-0354

Paula will make an initial 'intake' appointment with you
and tell you more about the groups and what to expect.

VEE'S CORNER

*"It's self-esteem that allows a person
to stand up." Maya Angelou*

We all want to have someone in our life
who loves us. Not someone who indulges
us, but who loves us enough to be on our
side. If we have that person in our life, it's
easier to become resilient, to believe in
ourselves and to grow our self-esteem.

Vee

WHAT OUR CLIENTS ARE SAYING

*"Let me tell you. I got so much out of the In-
troduction to Computers course and, bonus ...
I REALLY enjoyed it! I knew NOTHING about
computers before I took the course and now, I
know A LOT. I was computer ILLITERATE
before I took the course; now I am NOT. At
first, I thought the 90-minutes sessions would
be too long. I was wrong ... they were JUST
RIGHT. The course was FUN. Learning some-
thing new is always fun for me and like I said I
learned A LOT. The facilitator, Fran, KNOWS
her stuff and she was SO helpful. When I need-
ed one-on-one help, she answered my questions
in no time and she had SUCH a great attitude.
All the ladies at Our WorkPlace had great at-
titudes. Overall, I can't recommend the 'In-
troduction to Computers" ENOUGH. You
will get SO much out of it, and you have SO
much fun doing it. Big Time. Plus, the \$80.00
cash at the end of the 8 sessions ... Bonus!"*

Mike L.



APPLAUSE

Max C came through our People in Progress (PIP) workshop program last year and we helped him get a job at St. Michael's University School. It didn't pan out for him, and he left due to mental health and substance use.

However, Max recently came back to Our WorkPlace to look for work now he's 7 months sober and housed on his own.

Max is also a very talented musician and was recently featured in "Imagine After Hours", produced by Imagine Studio Café.

Check it out here:

<https://youtu.be/VMbNLJyky1Q>

Congratulations, Max!

We're with you all the way.

While dealing with an injury sustained in a car accident seven years ago, Angela's sights remain focused on her dream of creating her own holistic health practice.

Her employment counsellor introduced her to Our WorkPlace, and to date, she has completed a computer class here and is currently participating in the Women in Progress workshop.

Angela believes healing helps everybody and continues to educate herself in preparation for self-employment.

You are a busy lady, Angela! We wish you the very best in realizing your dream.

