

Workforce Training for Justice-Impacted Individuals

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



Tuesday, October 6 | 5:30-7pm
Wednesday, October 7 | 5:30-7pm
Thursday, October 8 | 5:30-7pm



11510 Georgia Ave,
Wheaton, MD 20902



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TRAINING OVERVIEW

Are you reentering the workforce after incarceration? We're building our next training cohort and want to hear from you! This training is designed to support your mental health and wellbeing while empowering you to overcome challenges and build a meaningful career.

FORMAT:



3 in-person sessions at WorkSource Montgomery County offices.



WE VALUE YOU & YOUR TIME

We will provide:

- \$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.

