



## Pathways 5 Week Program 2024

### Week 1

- Day 1 Group Norms & Self-Identity
- Day 2 Life Skills- Values Assessment & Goal Settings
- Day 3 Life Skills- Problem Solving
- Day 4 Life Skills – Managing Stress
- Day 5 Basics of Computers, Mavis Beacon

### Week 2

- Day 1 Life Skills- Boundaries
- Day 2 Personality Dimensions
- Day 3 Career Dimensions & Learning Styles
- Day 4 Life Skill – Self Compassion
- Day 5 Computer Training – Microsoft Word

### Week 3

- Day 1 Life Skills- Transferable Skills – Action Plan
- Day 2 Resume and Cover Letters
- Day 3 Finishing Resumes and Cover Letters
- Day 4 Job Search Techniques & Job Search Training
- Day 5 Computer Training – Microsoft Excel & Money Management

### Week 4

- Day 1 Life Skills – Healthy Relationships in Recovery
- Day 2 Life Skills - Conflict Resolution
- Day 3 Interview Skills & Job Search Training
- Day 4 Mock Interviews & Job Search
- Day 5 Computer Training – Microsoft Power Point

### Week 5

- Day 1 Life Skills – Anger Management
- Day 2 Life Skill – Relapse Prevention
- Day 3 Life Skill – Self Care
- Day 4 Computer Training / Job Search
- Day 5 Acupuncture \* Final Day\*