

10 Week Pre-Employment Program to Help You Move Forward with Hope, Direction and Confidence



What is In Motion & Momentum+ ?

A FREE 10-week pre-employment program designed to help you feel more confident, discover your strengths, and plan your next steps.

What we offer

- A safe and welcoming space to discover your goals
- Guidance with setting goals, action plans, and building everyday life skills
- Opportunities to connect with others and be part of a supportive community

In Motion (3 Weeks | 3 Days/Week)

- Discover what matters most to you through fun, hands-on activities.
- Build confidence, learn new skills, and take your first step toward your goals.

Momentum (4 Weeks | 4 Days/Week)

- Work toward your goals while helping with a community project.
- You'll practice teamwork, planning, and problem-solving, and make a difference at the same time.

Momentum + (3 Weeks | 2 Days/Week)

- Choose workshops that fit your interests - like job search, education, or wellness.
- Meet guest speakers, visit local workplaces, and get tips to keep moving forward.

Learn more about In Motion & Momentum

implus.ca
[@imm.plus](https://twitter.com/imm.plus)



Contact Us



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The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services

