

# WILLIAM LYON MACKENZIE GUIDANCE NEWS - OCTOBER 2019

## POST-SECONDARY PLANNING

### STUDY AND GO ABROAD FAIR

Sunday, October 6<sup>th</sup> at 12 – 5pm  
Metro Toronto Convention Centre – North Bldg

### ONTARIO COLLEGE FAIR

Wednesday, October 23<sup>rd</sup>, at 5:00 – 9:00 pm  
Thursday, October 24<sup>th</sup>, at 9:00 am – 2:00 pm  
Enercare Centre – Hall B

### STUDENT LIFE EXPO

Student Life Expo helps graduating students explore career options, scholarships, travel, technology and much more!

Sunday, October 27<sup>th</sup>, at 12:00 – 6:00 pm  
Metro Toronto Convention Centre – North Bldg

### UNIVERSITY PANEL AT MACKENZIE

Wednesday, October 2<sup>nd</sup> at 10:15 am in Cafetorium

### UNIVERSITY FAIR AT MACKENZIE

Wednesday, October 2<sup>nd</sup> at 3:00pm in Cafetorium

### COLLEGE PANEL AT MACKENZIE

Wednesday, October 30<sup>th</sup> at 10:15am in Cafetorium

### SCHOLARSHIP AND FINANCIAL AID WORKSHOP

Wednesday, October 16<sup>th</sup>, at 3:10pm in Cafetorium

### PARENT POST-SECONDARY PRESENTATION

Thursday, October 24<sup>th</sup>, at 7:30pm in Cafetorium

## UPCOMING EVENTS & OPPORTUNITIES

### GRADE 9 TAKE OUR KID TO WORK DAY

Wednesday, November 6, 2019, Take Our Kids To Work Day, a program that supports career exploration and career readiness.

<https://www.thelearningpartnership.ca/events/take-our-kids-to-work-day>

### STILL NEED YOUR 40 VOLUNTEER HOURS?

Come to Youth Expo on Saturday, November 9<sup>th</sup> from 1 – 4 pm at Roy Thompson Hall. A free event with over 100 non-profit organizations looking to recruit youth volunteers [www.volunteertoronto.ca](http://www.volunteertoronto.ca)

### GRADE 9 HOMEFORM VISITS

All Grade 9 homeforms will be visiting Student Services the week of October 15<sup>th</sup> to meet the Guidance Counsellors and learn about the various services and resources available.

### PEER TUTORS WANTED

Looking for tutors interested in helping other students in Math and Sciences. Great for fulfilling volunteer community hours and gaining valuable experience. Pick up an application in Student Services today.

## GRADUATING STUDENTS

### LORAN SCHOLARSHIP

Dare to make a difference. Become a Loran Scholar. Commit to creating positive change. For more information: [www.loranscholar.ca](http://www.loranscholar.ca)

**Sponsored School Deadline:** Monday, October 7

**Direct Pool Deadline:** Thursday, October 24

### OSAP

Visit [www.ontario.ca/osap](http://www.ontario.ca/osap) for more information on how and when to apply for OSAP and to see what financial aid is available to help pay for your college or university tuition and other expenses.

### U OF T NATIONAL BOOK AWARD

<https://future.utoronto.ca/scholarships/national-book-award/>

Deadline: Thursday, October 17, 2019

### U OF T NATIONAL SCHOLARSHIP PROGRAM

<https://future.utoronto.ca/scholarships/national-scholarship-program/>

Deadline: Thursday, October 24, 2019

Please visit our **SCHOLARSHIP** board outside the main office for more scholarship & award opportunities.

# CAREER EDUCATION & EMPLOYMENT

Free services available for job seekers. Services offered include job search support, resume & cover letter development, interview skills, career exploration and much more.

[www.myBlueprint.ca/tdsb](http://www.myBlueprint.ca/tdsb)

[www.careercruising.com](http://www.careercruising.com)

Username: mackenzie

Password: lyon

## **VOLUNTEER OPPORTUNITIES**

[www.volunteertoronto.ca](http://www.volunteertoronto.ca)

[www.toronto-charities.ca](http://www.toronto-charities.ca)

[www.charityvillage.com](http://www.charityvillage.com)

## **JOB READINESS**

[www.canada.ca/en/services/youth](http://www.canada.ca/en/services/youth)

[www.next-steps.ca](http://www.next-steps.ca)

[www.jobbank.gc.ca](http://www.jobbank.gc.ca)

## **JOB BANKS**

[www.allstarjobs.ca](http://www.allstarjobs.ca)

[www.careerfoundation.com](http://www.careerfoundation.com)

[www.employmentnews.com](http://www.employmentnews.com)

[www.gojobs.gov.on.ca](http://www.gojobs.gov.on.ca)

[www.jobbank.gc.ca](http://www.jobbank.gc.ca)

[www.jobcanada.org](http://www.jobcanada.org)

[www.jobshark.com](http://www.jobshark.com)

[www.monster.ca](http://www.monster.ca)

[www.talentegg.ca](http://www.talentegg.ca)

[www.regionalhelpwanted.com](http://www.regionalhelpwanted.com)

[www.torontoplace.com](http://www.torontoplace.com)

[www.workopolis.com](http://www.workopolis.com)

[www.ymcagta.org](http://www.ymcagta.org)

# WELLNESS RESOURCES

Free child and youth mental health counselling.

**GRIFFIN CENTRE WALK-IN CLINIC** 416-222-4380

1126 Finch Ave West, Unit 16

[www.griffincentre.org](http://www.griffincentre.org)

**SKYLARK** 416-482-0081

[www.skylarkyouth.org](http://www.skylarkyouth.org)

**KIDS HELP PHONE** 1-800-668-6868

<https://www.KidsHelpPhone.ca>

## **MINDFULNESS APPS**

**Mindshift:**

<https://www.anxietybc.com/resources/mindshift-app>

**Calm:** <https://www.calm.com>

**Smiling Mind:** <https://www.smilingmind.com.au>

**Stop, Breathe, Think:**

<https://www.stopbreathethink.com>

**Mind Your Mind:**

<https://mindyourmind.ca/interactives/apps>

**Pacifica:** <https://www.thinkpacifica.com>

**Mental Health Services In Your Community**

<http://www.ementalhealth.ca>

**Children's Mental Health Ontario** [www.cmho.org](http://www.cmho.org)

**Canadian Mental Health Association** [www.cmha.ca](http://www.cmha.ca)

**SickKids Centre for Community Mental Health**

<http://www.sickkidscmh.ca>

**Ontario Centre of Excellence For Child and Youth Mental Health**

<http://www.excellenceforchildandyouth.ca>

# CONTACT GUIDANCE COUNSELLORS at 416-395-3330

Please visit our **WHAT'S NEW, JOBS & VOLUNTEER** boards in **Student Services** as the volunteer, employment, summer internship, leadership, & enrichment program opportunities are updated and change frequently.

**FOLLOW US ON TWITTER @WLMacGuidance**

**Ms. Klement**

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**Mr. Chippier**

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