

Real Work

Specialized Employment Services

Looking for work? Get Real Work ready!

Real Work is a specialized employment program that helps individuals who experience mental health concerns and other disabilities as barriers to employment, find and maintain meaningful jobs. This program is offered across the Niagara region through the Canadian Mental Health Association Niagara.

We can assist you with:

- Job search support
- Interview skills
- Resume and cover letter preparation
- Goal planning and identification
- Coping strategies for the workplace
- One-on-one counselling
- Individualized support



Connect with us today:

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