



In Motion & Momentum+ (IM&M+) – Program Schedule

IM&M+ is a free 10 week pre-employment program that helps participants rebuild confidence. Through three structured modules, the program supports personal growth, motivation, and readiness for future employment or training.

Participants also receive daily financial support, lunch assistance, and transportation help to fully engage in the program.

Program Schedule

Module 1: April 13 – May 1
Every Monday / Wednesday / Friday
10:00 am – 2:30 pm

Module 2: May 4 – May 29
Every Monday / Wednesday /
Thursday / Friday
10:00 am – 2:30 pm

Module 3: June 3 – June 18
Every Wednesday / Thursday
10:00 am – 2:30 pm

Program Incentives

\$25 per day in attendance
\$15 lunch card
Transportation support

**Great way to build
confidence and take the
next step forward.**

**If you are interested,
please speak with your
case manager.**

**(Only Limited seats
available)**