



In Motion & Momentum+ Program Schedule- Cohort II

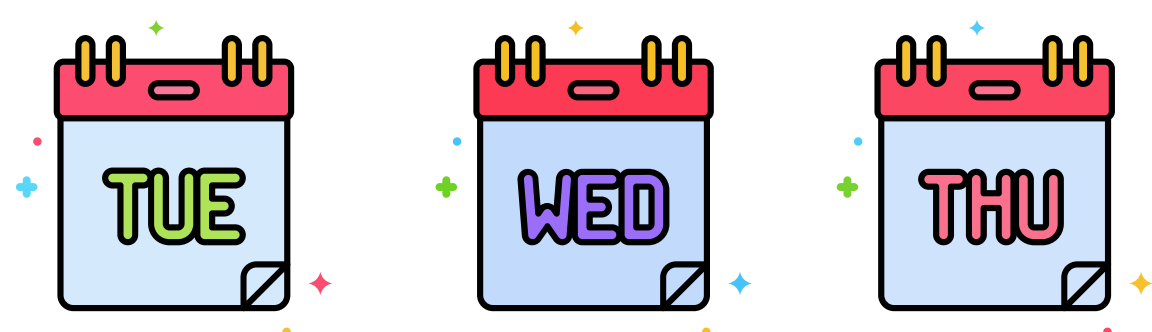
IM&M+ is a career readiness program that supports you to move in a way that feels good, tap in your full potential and create the life you want to live. Through three structured modules, the program supports personal growth, motivation, and readiness for future employment or training. Participants also receive daily financial support, lunch assistance, and transportation help to fully engage in the program.

Program Schedule

Module 1:

September 1 – September 17, 2026

10:00 am – 2:30 pm



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

(Only Limited seats available)

You will learn:

- **How to develop confidence**
- **Workplace Skills**

Program Incentives (3 days/week)

- **\$25 Allowance per day**
- **\$15 Lunch card per day**
- **Transportation support**
- **Daily Coffee and Snacks**
- **Clothing Voucher worth \$150 (Check with your case manager if you are eligible)**