

## EmployAbilities – Inclusive Career Connections Wellness Network blog

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EmployAbilities is an Edmonton-based, charitable, non-profit organization that provides skills development, training, and employment services to Albertans with disabilities and employment barriers. EmployAbilities believes that providing opportunities for individuals to develop work-related skills gives every client the tools they need to thrive and be successful.

But it's not just work-related skills that are needed – mental health is important too. That's why Inclusive Career Connections (ICC), one of the twelve programs currently offered by EmployAbilities, is excited to partner with Momentum Counselling to offer up to five hours or five sessions of free counselling support to participants. Clients can self-refer and get access to this resource and speak to a mental health professional to discuss strategies to live a more fulfilling life, and address issues that get in the way of thriving in the workplace.

“This partnership with Momentum is of great benefit to our clients” says Susan Sibley, ICC Program Supervisor. “By offering up to five hours or five sessions of free mental health support, we're enhancing the well-being of our clients, which correlates to a higher employment success rate, and a greater likelihood that they'll stay in the jobs long-term.”

Inclusive Career Connections is funded through Alberta Seniors, Community and Social Services, the Canadian Mental Health Association-Edmonton Region (for the TechSmart program), and the generous financial support of charitable donors. For more information about ICC and EmployAbilities, visit [www.employabilities.ab.ca](http://www.employabilities.ab.ca).

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Janet Soumar with Momentum Counselling (left) with an EmployAbilities client