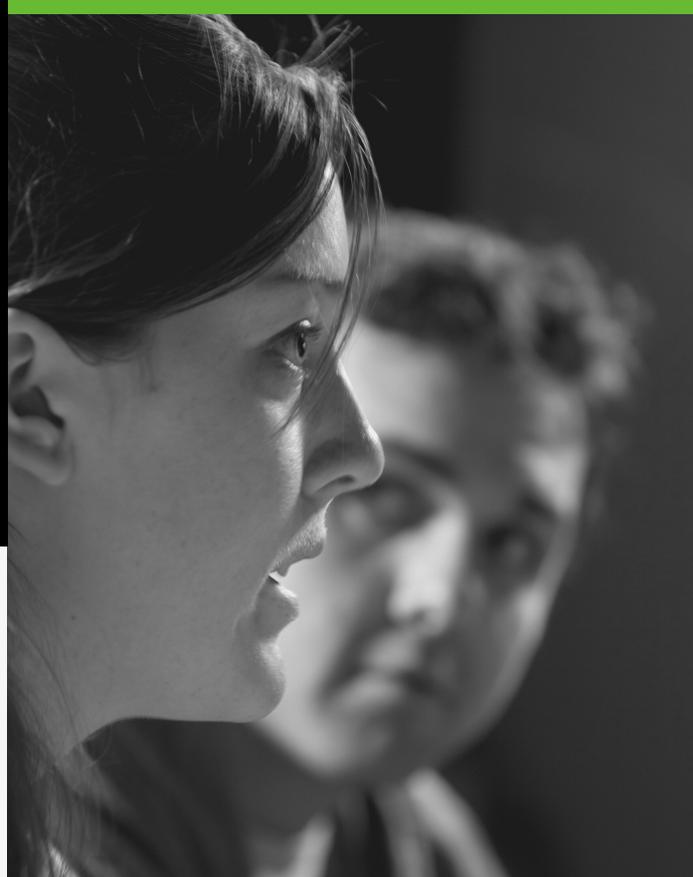


ABOUT ERGON INC.

Ergon Inc was founded in 1985, to provide a rehabilitation environment for adults living with a mental health diagnosis. In 1992, we became licensed through the Department of Family and Community Services to provide employment first programming through what is now known as the ESSP grant program. This program is successfully achieved through our employability and pre-employment education and on the job training through our thrift store, Ergon Thrift.

In 2018, Ergon Inc was awarded a contract through the Mental Health and Addiction Services division of the Department of Health, to create M.I.N.D (Moving In New Directions). This contract provides life skills training and therapeutic activity services to members who are referred by the Community Mental Health Clinic. With these programs, along with our Ergon Support program where we provide goal based actionary support, our Life Centre was born.



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ERGON inc
LIFE CENTRE

MY MIND. MY MOVE.

www.ergoninc.ca



M.I.N.D

My Mind. My Move.

The M.I.N.D program is about Moving In New Directions. Our program provides the next steps for adults living with a mental illness and addictions to continue their recovery. Our program offers an inclusive environment for you to socialize with like minded individuals, one on one goal based case planning, educational life skills and therapeutic activities.

You can build your skills in money management, resilience, social skills, self development and much more. Discover a better understanding of your diagnosis and the coping tools that work best for you, all while building friendships with others.

Come for the support, stay for the community.



Our Works program utilizes a person centered approach with a focus on the employment first model. You will gain access to personalized case planning, Skills for Success, employability and pre-employment training along with one on one coaching and on the job training. You will complete the program with the skills needed to achieve your employment goals, offering opportunity for more independence and a better quality of living.



Within Ergon Support, you will develop goals specifically related to your desired future, you will create a personalized plan with our support team for achievable success while being supported by our Ergon staff and your support network.

Whether your goals are independence through bus training, employment skills, life skills or something more specific, Ergon Support will work directly with you to help you achieve these successes.

Ergon is not only a support for you, we are the newest cog in your support system.