

THE CHECK-IN

May 1, 2025



Welcome to the first edition of **The Check-in**, aptly named after our weekly IM&M+ check-ins held nationwide with our sites and facilitators. We hope to extend the spirit of connection beyond our weekly meetings, providing regular updates on IM&M+ and the inspiring work our teams are doing across the country!

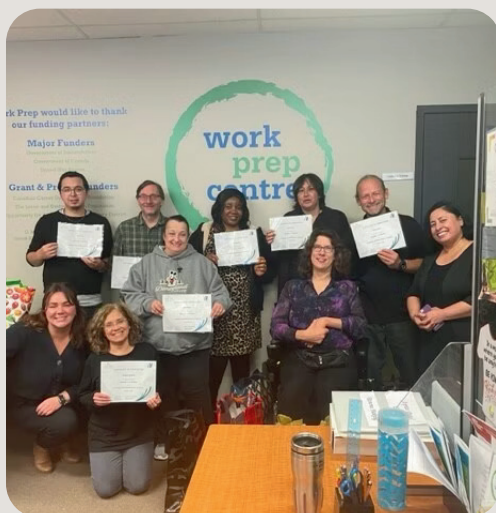
Donnalee & Trina

What is IM&M+?

For nearly a decade, IM&M+ has transformed lives and communities across Canada! It is a 10-week, career development group-based program with a difference, providing experiences and opportunities for people who may have had repeated setbacks to traditional learning and/or work. It helps people reconnect with their potential, take charge and live the life they want to live!



Latest News: RCT Round 5 in Full Swing!



 **Future Skills Centre** Centre des Compétences futures

IM&M+ has been involved in a pioneering research initiative funded by the **Future Skills Centre**. Since 2021, IM&M+ has been evaluated using a randomized controlled trial (RCT). Our RCT compares outcomes between IM&M+ and traditional career services. This gold standard of research provides evidence-based insights that inform future practices and policies within the career development sector. At the end of the research, we will have had 6 cohorts in 5 provinces with approximately 1000 participants. Curious about IM&M+ impacts? Click [here](#) to read about the **RCT Interim Results**

IM&M+ Indigenous Facilitator Training in Ottawa!

From April 15-19, 2024 CCDF delivered its first face-to-face delivery of IM&M+ Facilitator Training in five years! It was an honor to welcome people from three amazing agencies—Apatisiwin ᐱᐱᐱᐱᐱ Skills Development, Joint Economic Development Initiative (JEDI) and Women in Resource Development Corporation (WRDC)! The training was made possible thanks to funding from Indigenous Services Canada | Services aux Autochtones Canada as part of their First Nations and Inuit Youth Employment Strategy. We are excited to see IM&M+ as part of career and employment services in more Indigenous communities.



Interested in learning more about IM&M+? Let's Connect!



www.immplus.ca



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Hear directly how IM&M+ is transforming lives! (click below)

["Stories of Transformation"](#)

IM&M+ is powered by the Canadian Career Development Foundation



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