FREE PROGRAMS FOR ADULTS *in Lunenburg County*

Workplace Digital Skills (EVENINGS)

Oct 5 - Nov 23, **MON 5 PM-8 PM**

Upgrade your resume and build job-ready confidence by mastering the software employers use every day! This flexible program lets you pick and choose the specific modules you need—from Word Processing (Microsoft Word & Google Docs) and introductory Excel and PowerPoint, to using LinkedIn and Facebook for your job search.

CAEC Prep (replacing GED)

Sep 15 - Oct 28, **TUE, WED,THU 4PM-7PM**

Prepare for the official replacement to the GED in Canada. Get comprehensive instruction, practice questions, and study support across all five CAEC test subjects. We also focus heavily on test-taking strategies and managing test anxiety to boost your confidence.

Basic Computer Skills

Sep 22 - Nov 12, **TUE, THU,FRI 9 AM-12 AM**

Learn how to use a computer without the stress in this friendly, beginner-focused class. You will get comfortable using the keyboard and mouse, navigating the internet safely, saving files, and sending emails at your own pace. Gain the practical skills and confidence you need to connect with loved ones or open up new job opportunities!

Practical Math Skills

Sep 15 - Dec 3, **TUE, THU 9 AM-12 PM & 1 PM - 4 PM**

FRI Drop-Ins

Practical Math

This program focuses on numbers, basic problem-solving, estimation, and everyday math.

Math Mindset

This program covers essential skills for managing your time and finances—like smart shopping, calculating discounts, understanding utility bills, and budgeting. You will also dive into functional math for daily life, including precise measurements for DIY home projects and mathematical reasoning to help you take full control of your decisions.

WorkSmart: Elevating Your Employability Skills

Sep 25 - Nov 27, **FRI 9 AM-12 AM**

Get ready to enter—and thrive in—the workforce. Focus on the core skills employers are looking for, including professional communication, teamwork, stress management, and document use, with a special emphasis on retail and customer service environments.

Essential Literacy & Communication

Sep 15 - Dec 3, **MON, WED 9 AM-12 PM & 1 PM - 4 PM, FRI** Drop-Ins

Basic Reading

This supportive program focuses on the core building blocks of reading—phonics, vocabulary, fluency, and comprehension. It offers practical techniques to help you overcome literacy challenges and read with greater ease in your everyday life.

Writing for Work & Everyday Life

Stop struggling with letters, notes, emails, or cover letters. This course teaches you how to turn basic sentences into organized, impactful paragraphs, ensuring your written communication is clear and professional.

ALO SEPTEMBER CALENDAR, 2026

MON	TUE	WED	THU	FRI
31	1	2	3	4
7	8	9	10	11
14 Basic Reading 9-12 Writing for work 1-4	15 Practical Math 9-12 Math Mindset 1-4 CAEC 4-7	16 Basic Reading 9-12 Writing for work 1-4 CAEC 4-7	17 Practical Math 9-12 Math Mindset 1-4 CAEC 4-7	18 Basic Reading 9-12 Writing for work 1-4
21 Basic Reading 9-12 Writing for work 1-4	22 Practical Math 9-12 Basic Computer 9-12 Math Mindset 1-4 CAEC 4-7	23 Basic Reading 9-12 Writing for work 1-4 CAEC 4-7	24 Practical Math 9-12 Basic Computer 9-12 Math Mindset 1-4 CAEC 4-7	25 WorkSmart 9-12 Basic Computer 9-12 Practical Math 1-4
28 Basic Reading 9-12 Writing for work 1-4	29 Practical Math 9-12 Basic Computer 9-12 Math Mindset 1-4 CAEC 4-7	30 NO CLASSES National Day for Truth and Reconciliation	1	2

Visit us: 215 Dominion Street, Bridgewater

Call or text: 902-930-4555

Email: ALO@empsolutions.ca

ALO Lunenburg County Adult Learning Opportunities

Nova Scotia Nouvelle-Écosse

Nova Scotia School for Adult Learning