

WorkBC Centre Terrace

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#WorkBC Terrace



NEWSLETTER

WORKBC CENTRE TERRACE NEWSLETTER-SPRING 2026

W E L C O M E

At WorkBC Centre Terrace we believe that everyone has a place in the workforce. We are here to assist you to find that place. We hope that our newsletters have helped keep you updated on the latest employment news and trends, providing you with useful information in your job search. It is a great way for us to keep in touch and share information that will help you along the road to employment.



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WORKBC CENTRE TERRACE

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FINDING HEALING, CONFIDENCE, AND PURPOSE THROUGH YOGA -2-

By Shawna Gosnell



Alesha, grounded in her journey

When Alesha Kaduk first came to WorkBC, she was going through one of the hardest periods of her life. She was struggling with her mental health, feeling isolated, overwhelmed, and unsure about her future. “Before starting this journey, I felt overwhelmed and lost. Most days I was struggling with depression and anxiety. I felt stuck and drained, like I didn’t know what my next step in life was supposed to be. I didn’t really have anyone around to support or guide me, and that made me feel really alone.”

Alesha’s Employment Advisor was there to help her take her next steps. Alongside past trauma, Alesha had recently been diagnosed with ADHD and was searching for healthier ways to support her mental and emotional well-being. Through WorkBC, she began exploring options that aligned with her healing journey and long-term goals. Yoga, which she had practiced for nearly two years, had become a grounding force. “With ADHD, it can be hard to stick with things, but yoga was different for me. It helped me slow down, feel more grounded, and made me realize this could be something I build a future around.”

After learning about training opportunities through WorkBC, Alesha decided to enroll in a yoga instructor program. Even though she felt nervous in the beginning, she knew deep down it was the right step for her. “I was nervous at first and overthinking everything. I worried about whether people would be kind or accepting of me. But after the first day, I realized everyone was so supportive and understanding. The teachers and classmates were incredibly accommodating and encouraging, and that made a huge difference for my confidence.”

As she progressed, Alesha gained technical skills and experienced meaningful personal growth, deepening her understanding of the connection between physical, emotional, and mental wellness. “I learned that yoga is so much more than fitness. It’s about understanding your body, your emotions, your mental health, and how everything connects together. The philosophy behind yoga really changed the way I look at life and at myself.”

Today, Alesha feels more confident, balanced, and focused on her future. “I have so much more confidence now. I feel more focused on what I want in life and what I deserve. Yoga helped me reconnect with myself and realize I’m capable of building a future that feels meaningful and healthy for me.”

She hopes to continue growing in the wellness field and eventually create accessible yoga opportunities for others, especially mothers and individuals navigating mental health challenges. “I want to help make yoga more accessible for people and create a supportive environment where others can feel comfortable and accepted. I know how important that kind of support can be because I needed it too.”

Alesha’s journey is a powerful example of resilience, self-discovery, and the impact of support during difficult times. With determination and the help of WorkBC, she is transforming uncertainty into purpose and building a future centered on healing and connection.

BRAVO CLEANING SERVICES SEES SUCCESS THROUGH THE WORKBC WAGE SUBSIDY PROGRAM



Bravo Cleaning Services in Terrace, BC, grows local talent through the WorkBC Wage Subsidy program

Bravo Cleaning Services in Terrace, BC has experienced positive results through participation in the WorkBC Wage Subsidy and Get Youth Working programs.

Office Manager Taija Heathfield says the programs have been extremely beneficial for the small local business, helping address staffing shortages while supplementing the costs associated with hiring staff.

Through their collaboration with WorkBC, Bravo Cleaning Services has employed a

variety of clients, including Indigenous clients, youth who have experienced difficulties gaining work experience, refugees fleeing the war in Ukraine, and individuals who have experienced barriers to employment.

According to Heathfield, each employee brings different backgrounds, life experiences, perspectives, skill sets, and experience levels to the workplace, creating valuable diversity within the company.

“Diversity in the workplace is crucial because it allows people to learn from one another and contributes positively not only to the workplace, but also to the community,” Heathfield shared.

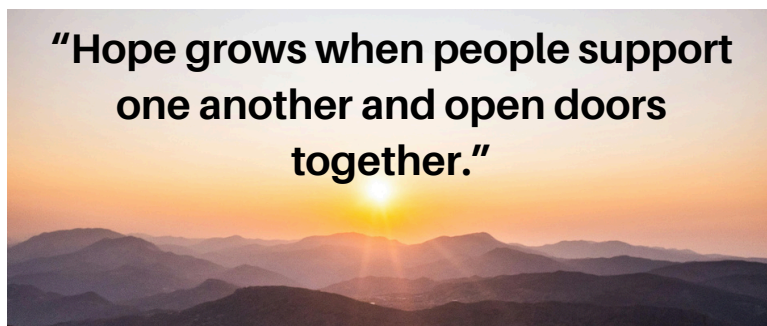
By providing employment opportunities to WorkBC clients, the company is helping individuals gain essential work experience while strengthening the local workforce and making meaningful contributions to the community.

Heathfield encourages other employers to consider participating in the WorkBC Wage Subsidy program if they are eligible.

“It is a great way to assist with staffing costs in these tough economic times and also a great way to support community members who need it most,” she said.

To learn more about the WorkBC Wage Subsidy Program you can visit <https://www.workbc.ca/access-employer-resources/wage-subsidy-program> or contact our office at 250-638-8108 to speak with Abhishek Dhand.

“Hope grows when people support one another and open doors together.”





Hello! My name is Tamara!

I am the Resource Worker for Work BC Centre Terrace and I am excited to be part of the team! I am Nisga'a, my village is Greenville, BC (Laxgalts'ap) and I am new to the centre but not the community. I was raised in Terrace, BC for most of my life. I love my community, I enjoy volunteering, and I rejoined my cultural dance group again; being in touch with traditional duties is what I

enjoy taking on more. I enjoy being helpful and resourceful. My position at Work BC is very rewarding. Everyday is a new opportunity to learn and grow! Feel free to ask me any questions or reach out for support! I am here to help!

Hello, my name is Theresa and I am the new Receptionist for Northwest Training/ WorkBC and have been employed with them for just over three months. I am originally from Vancouver Island where I was born and raised. I am a true island girl and I love the ocean. My fondest memories are going swimming at the beach with my siblings and parents. I moved to Terrace to be closer to my children and my grandchildren. I have to admit it was an adjustment for me but well worth it to see my grandsons grow up.



Being employed with WorkBC has really opened my eyes to how much they do for the community and the residents of Terrace. It is a great privilege to be part of what they do and accomplish for the city. Everyone at WorkBC has welcomed me to their great team and I am very proud and grateful for this opportunity.

[Valuable links for your job search](#)

WorkBC Job Board

<https://www.workbc.ca/Jobs-Careers/Find-Jobs.aspx>

Indeed <https://ca.indeed.com/>

WorkBC Centre Terrace

<https://workbccentre-terrace.ca/jobs/>

Here is the link to apply with Newmont Mining Ltd at the Brucejack and Red Chris mines sites

<https://www.newcrest.com/careers/current-opportunities>

Some links to updates regarding the Cedar LNG project: <https://www.cedarlng.com/jobs/>

Interested in taking a Workshop?

For information about our in-person workshops you can find the workshop poster on our Facebook page - [WorkBC Terrace](#) or our webpage workbccentre-terrace.ca

Contact us at 250-638-8108 for more information.