

TIES 2 Work

Ties 2 Work is a program that matches individuals with employment opportunities through job specific essential skills training which can include a job placement or job exposure. Participants work closely with a job developer to increase their chances of securing employment once completing the program.

Call Stacey or Heather at 648-0202, 162 Union Street.

FOR JOB SEEKERS WITH A DISABILITY

Ability New Brunswick

Provides rehabilitation counseling and vocational employment services to individuals with spinal cord injuries and other mobility disabilities.

Call Haley at 1-866-462-9555.

Canadian Council on Rehabilitation & Work: Partners for Workplace Inclusion

Provides employment counselling services for individuals with self-declared disabilities.

Call Laura at 635-2272, 61 Union Street, Suite 1320.

Canadian National Institute for the Blind Employment/Vocational & Technology Services

Provides Employment, Job Retention, Assistive Technology Assessment & Training and Educational services for people with Vision Loss .

Call Blair at 634-7277, 555 Somerset St. Suite 100.

Key Industries

Provides services to individuals living with a disability including life skills, community involvement, work related activities, education, and support services.

Call Lois at 634-6888, 239 Charlotte Street.

Learning Disabilities Association—Saint John

Provides services for individuals with learning disabilities such as dyslexia.

Call Fabienne at 642-4956, 210 Wentworth Street.

Mental Health Recovery Services

A workplace essential skills program that encompasses mental health related work topics, resume building and interviewing skills. Followed by on-the-job work experience where clients can further their practical work skills. Upon completion of the program, advocacy and support is offered to clients as they venture

Options Outreach Employment

Provides employment related services to individuals with disabilities.

Call Rhonda at 652-3977, 165 Union Street.

PILS (Programs on intensive life skills)

This program offers participants both knowledge and skills in the areas of self-esteem, assertiveness, emotion management and goal setting. It runs for three days a week for ten weeks.

Participants are referred by a mental health professional or a doctor.

Call 658-3737 for more information.

Saint John Association for Community Living

Helps individuals with an intellectual disability and multiple barriers to employment to develop the skills necessary to find and keep work.

Call Nora at 652-1544, 600 Main Street, Hilyard Place, Suite C203.

FINANCIAL ASSISTANCE

Planning your next steps

Move your life forward by exploring education, training, work and other supports including child care and transportation

Contact a Case Manager, 1 Agar Place. For information on eligibility call Social Development at 1-866-441-4340.

Financial Assistance for education and training

Some education and training programs are free, others have a cost. Financial assistance may be available; check with the provincial department of Post-Secondary Education, Training and Labour.

Call Mike at 643-7777, 1 Agar Place.

SERVICES FOR YOUTH

Youth Choices

Provides personal, educational and career coaching services for youth aged 15-21 (with exceptions).

Call Mary at 634-0788, 13 Queen Square.

Teen Resource Centre

The TRC provides free services and programs to youth between the ages of 12-24 years of age in the areas of recreation, self-development, health & wellness and work readiness/life skills.

For help with resumes call Letti or Tara at 632-5765, 28 Richmond Street.



INFORMATION

Birth Certificate

Call Service New Brunswick at 658-2500, 15 King Square North.

SIN - Social Insurance Number

For Your Social Insurance number, apply at Service Canada. 1 Agar Place

Call 1-800-206-7218 (Option 3)

Community Information Centre / INFO-line.

INFOline helps you find information on services and programs in the Saint John Area.

Or visit the online **Community Services**

Database at www.saintjohninfo.ca

Call Chris at 633-INFO (4636). 3rd Floor City Market.

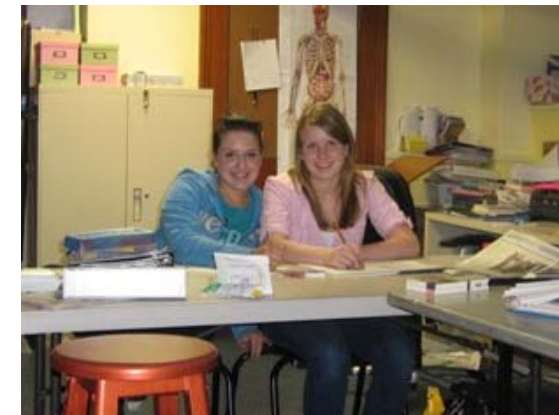
Additional Copies are available at ...

www.sjhdc.ca/pdf/MakingitWorkweb.pdf

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Makin' it Work!



For information on education, training and employment services for adults and youth ...keep reading!

Find out about:

- Options for Education and Training
- Computer training
- Completing your resume
- Self-Esteem course
- Childcare supports
- Starting a Business

AND for information on other programs call INFO-line at 633-4636

**Thinking about school
or work?
Resources are available!**



COMPUTER TRAINING

Access Centres

E-learning programs help you improve computer skills, learn software applications, and offer assistance with job search and resume writing. Centres are located in many neighbourhoods throughout Saint John and Kings County. **Contact Paula at 333-5480 or Catherine at 658-6701.**

Libraries

Offer computer access and computer tutorials. Look for a library branch near you. **Call the main branch at 643-7220, Market Square**

YMCA-YWCA

Offers a variety of computer training courses including life skills modules such as resume writing, job search techniques, tracking your cash, building confidence and networking. **Call Julie at 634-4932, 130 Broadview Avenue.**

IMPROVING READING, NUMERACY AND WORKING TOWARDS GED AND ACADEMIC UPGRADING

Community Adult Learning Centres

Programs help you improve reading, writing, and math skills. Centres offer free, small, self-paced classes from Monday to Friday. Centres are located in Saint John and Kings County. **Call Catherine at 658-6701 or Paula at 333-5480**

Saint John Learning Exchange

The Learning Exchange offers small and flexible classes with full or part-time hours. It assists with improving reading and writing skills, GED, TIES 2 Work, essential skills, employment, and self-development skills. **Call Stacey or Heather at 648-0202, 162 Union Street**

New Brunswick Community College

The Saint John Campus offers a daytime GED program and individual academic courses leading to an Adult High School Diploma or the credits needed for entrance to community college. **For information on other programs or scholarships and bursaries, call 658-6791**

READ Saint John

READ offers free private tutoring for adults who want to improve their reading, writing, or numeracy skills. The program is individualized and self-paced. **Call Marijke at 633-2011, 116 Princess Street.**

LEARNING LEADING TO NEW SKILLS

POWER-UP

A program guiding low income women to take a next step related to employment, training or education, identifying personal assets and increased community involvement. **Call Brenda at 642-9033, 116 Coburg Street, Community Health Centre.**

PRUDE

Provides public Internet access, computer training, communication skills for newcomers, as well as mentorship programs for women and girls. **Call Jocelyn at 634-3088, 3rd Floor City Market.**

The Key to Well Being ... believing you can do it.

This six week program assists women in enhancing self-esteem and developing the self-confidence to take the next step towards personal growth. **Call Susan at 672-7451, 116 Coburg Street, Community Health Centre.**

Women of Wisdom Group (WOW)

Women choose the topics they want to learn more about over a six week program, with weekly meetings. Examples of topics include relationships, stress management and making good decisions. **Call Lyndsey at 649-2580.**

LOOKING FOR EMPLOYMENT

The Work Room, Career Resource Centres

For youth and adults seeking information on career choices, job preparation and post secondary education. There are four centres in Saint John, Kennebecasis Valley and Kings County. **Call 643-3330, or visit us on-line at www.careerthatwork.ca**

Catch the Wave to Employment

Workshops to learn about your assets, current job opportunities and resources to assist in next steps. **Call Brenda at 642-9033 or Cathy at 832-5624.**

Coverdale Center for Women

Provides self-help programs, residential services, counseling services and the Clothes Closet for women (business and casual clothing). **Call Nancy at 634-1649, 148 Waterloo Street.**

Job Bus Tour

Visit employers to learn about available jobs and their hiring criteria. **Call Cathy at 832-5624.**

John Howard Society

Provides employment, training, educational opportunities and counselling services. **Call Paul at 657-5547, 68 Carleton Street.**



Saint John Community Loan Fund

Provides small loans and training programs focusing on self-sufficiency. Training includes Money Matter\$ (basic money management), business training, youth entrepreneurship, and A\$SETS (saving money and gaining new skills). "Enterprising Women" is a new business development program to help launch and sustain a business. **Call Melanie or Alexandra at 652-5601, 133 Prince Edward Street.**

Seeking Employment

Looking for employment? Ready to take the next step? The provincial department of Post-Secondary Education, Training and Labour can help. All stages of resume development and job search. **Call Mike at 643-7777, 1 Agar Place.**

SJ Multicultural & Newcomers Resource Centre

The Saint John Multicultural & Newcomers Resource Centre provides employment-related counseling, referral information to other services and a variety of general services for newcomers, immigrants and the multicultural community. **Call Mary at 642-6464, 3rd Floor City Market.**

Start Your Own Business!

Enterprise Saint John is your regional economic development agency. It helps individuals start a business. All of the organization's services are confidential and free of charge to the public. To book an appointment with one of our business development officers, **call 658-2877. Business Resource Centre, 40 King Street.**