

## PERFORM THE SEARCH

Search beyond the newspaper classifieds. If you do not have Internet access at home go to your local library or community resource centre to search online for jobs.

If your former place of employment has opened a peer Action Centre, make sure to check out the resources available to you. Take responsibility for your situation.

## Ask for help.

Use the people and resources that are there to help.

Do your homework on the company you are applying to. Customize your résumé and cover letter to fit that specific company. Prepare for your interview.

## Community Resources:

- Job Bank (Service Canada) [www.jobbank.gc.ca](http://www.jobbank.gc.ca)
- Monster [www.monster.ca](http://www.monster.ca)
- Workopolis [www.workopolis.ca](http://www.workopolis.ca)
- Employment Ontario [www.edu.gov.on.ca/eng/tcu/etlanding.html](http://www.edu.gov.on.ca/eng/tcu/etlanding.html) (800.387.5656)
- This Works Employment Resource Centre [www.thisworks.ca](http://www.thisworks.ca)
- Vocational Methodologies (223.8424)
- Dryden Labour Adjustment Group <http://my.drytel.net/charmon.lag/> (223.8101)
- Atikokan Employment Centre <http://www.atikokaninfo.com/aedc/employmentCentre/>
- Dryden – Job Connect <http://www.confederationnc.on.ca/jobconnect/jcdryden/JOBBANK/jobbank.asp>
- Fort Frances – Fort Frances Times on-line [www.ftime.com/jobs](http://www.ftime.com/jobs)
- Kenora – Lake of the Wood Employment Action Project [www.leapforjobs.ca](http://www.leapforjobs.ca)
- Red Lake & Ear Falls – Career & Employment Services [www.redlakejobconnect.ca](http://www.redlakejobconnect.ca)
- Sioux Lookout – Sioux Hudson Employment Services [www.siouxlookoutjobs.com](http://www.siouxlookoutjobs.com)
- Thunder Bay – Chronicle Journal – Careers <http://www.chroniclejournal.com/careers.php>



## UPGRADE YOUR EDUCATION / TRAINING

If you are interested in upgrading your education or training, contact your local Assessment Centre to see what financial resources may be available.

Continue your education. And if needed, improve your literacy.

## Do what you love. Start your own business.

Seek mentoring and consultation and ask if you qualify for financial assistance.

### Community Resources:

- Adult Education – Dryden (223.5553)
- Business Development Bank of Canada [www.bdc.ca](http://www.bdc.ca) (807.467.3535)
- CanLearn [www.canlearn.ca](http://www.canlearn.ca)
- Confederation College [www.confederationnc.on.ca](http://www.confederationnc.on.ca)
- Contact North [www.contactnorth.ca](http://www.contactnorth.ca) (223.2993)
- Dryden Literacy Association (223.6486)
- Literacy Northwest [www.literacynorthwest.on.ca](http://www.literacynorthwest.on.ca) (800.461.9294)
- Northwest Business Centre [www.nwbiz.ca](http://www.nwbiz.ca) (866.336.7779)
- Ontario Ministry of Training, Colleges & Universities – Employment & Training Division [www.edu.gov.on.ca/eng/tcu/](http://www.edu.gov.on.ca/eng/tcu/)
- Patricia Area Community Endeavours – Self Employment Benefits [www.pace-cf.on.ca](http://www.pace-cf.on.ca) (221.3294)
- Second Career Strategy <http://www.edu.gov.on.ca/eng/tcu/jobseekers/secondCareer.html>
- Services for Apprentices <http://www.edu.gov.on.ca/eng/tcu/apprentices/services.html>
- Skills Development <http://www.edu.gov.on.ca/eng/tcu/jobseekers/skillsDevelopment.html>
- Vocational Methodologies (223.8424)

**Keep a daily active routine. Ask, ask and ask again.  
Never give up. Do your research. Make a plan.  
Accept help. You will succeed!**



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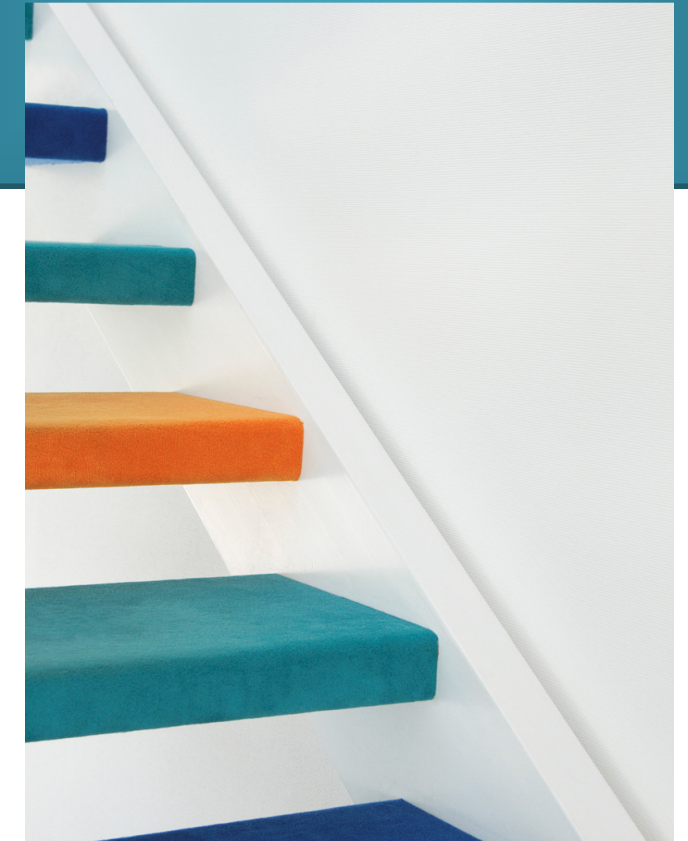
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Take the steps from  
**“I LOST MY JOB”**



to  
**“I will get through this!”**

