

Forty Mile Community Resource Centre

November 2011

How to Look for a Job & Stay Positive

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Community Resource Centre



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www.40milecrrc.ca

Alberta's economy is growing quickly. It is booming. Many businesses are doing very well. They are looking for workers. It is a good time to look for a job. In Alberta, there are many openings in these kinds of jobs:

- Construction jobs. For example:

Trades helpers, labourers, carpenters

- Warehouse jobs
- Truck driving jobs
- Service jobs. For example:

Hotel room attendants, food and beverage servers, dishwashers, cleaning staff.

- Think about the kind of job you want.
- Write down information about yourself. For example, make a list of your skills and interests. You will need this information when you apply for jobs.

Make a job plan. Write down the steps in your plan.

Look for jobs in many places.

Ask people to be references. Put them on a list.

Make a resume. It has information about your work experience and education.

Fill out application forms.

Prepare for interviews. Practice interview questions with someone.

Don't give up. Keep looking.

Visit a LMIC (Labour Market Information Centre.)

Looking for a job can take sometimes take weeks or months. You may feel sad and alone. You might want to give up. These feelings are normal. Try to stay positive. Here are some ideas. Try to do them

often.

- Write down a plan for the day.

- Get up before 9:00am. It is easy to stay in bed too long.

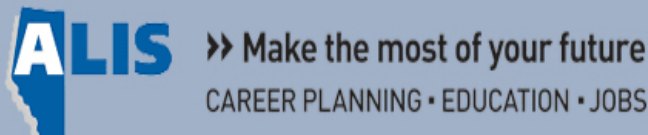
- Go for a walk. Exercise helps you feel better.

- Talk to people every-day. Talk to family, friends and neighbours. Talk to other people who are looking for jobs.

- Visit a library. You can take home books, movies and music to enjoy.

The Alberta Learning Information Service (ALIS) website has a great deal of information on jobs, occupations and wages.

Visit www.alis.alberta.ca for more information.



Are you a business who needs help?

At the Forty Mile Community Resource Centre, we're here to help and can offer to host your hiring personnel for onsite interviews to applicants along with advertising your business.

In addition to the above service we can offer workshops on information about job safety practices, labour laws, and have a resource library on various labour related items.

F.C.S.S. Corner Presents Friends of Rachel (FOR)

During the month of September, residents of the County of Forty Mile, had the opportunity to engage in the story of Rachel Scott's journey of courage and hope. Rachel Scott was the first person killed in the Columbine High School Tragedy which occurred on April 20th, 1999. She left behind a simple challenge for anyone to accept~ **Treat others with kindness and compassion and you just may change the world you live in.**

"I have this theory that if one person can go out of their way to show Compassion then it will start a chain reaction of the same."

For more information go to: www.rachelschallenge.org



We are an A. O.K. community!!! What's that mean? Acts Of Kindness.

FCSS in partnership with Big Brothers and Big Sisters is looking for interested individuals in the community to mentor youths in activities at school during the lunch hour. Can you spare some time and make a difference?

Call 545-2200 for more Information.

FCSS MOVIE NIGHT... Details will be coming very soon. Watch for posters!!!

COMMUNITY ADULT LEARNING COUNCILS (CALC)

Lifelong learning....it's our business

NOVEMBER EVENTS/CLASSES IN BOW ISLAND & BURDETT

To register or for more info call 403-867-3973

ESL Basic Introduction to Computers:

Date: November 2, 7 & 9

Time: 6:30pm-9:30pm

Bow Island Community Resource Centre.

Registration Fee: \$50.00

GED Preparation:

Date: Mondays & Thursdays, starting

November 7 for 15 weeks

Time: 6:30pm-9:00pm.

Burdett School.

Registration Fee: \$300.00

Microsoft Excel 2007:

Date: November 21 & 23

Time: 6:30pm-9:30pm

Bow Island Community Resource Centre.

Registration Fee: \$45.00



8 computers with FREE internet *Job Board* *SIN Forms* *Fax* *Resource Library*

Free & Confidential Service

Our offices will be closed on November 11th for Remembrance Day and will resume regular business hours on November 14th

VIRTUES PROJECT INTERNATIONAL

The vision of the virtues project is to serve humanity by supporting the moral and spiritual development of people of all cultures. Our mission is to provide empowering strategies and programs of excellence and simplicity to inspire the practice of virtues in everyday life.

The virtues project offers a wide variety of programmes and materials for individuals seeking to deepen their spiritual practices, parents raising morally responsible children, schools creating a culture of character, organizations enhancing corporate spirit, and for the development of safe and caring communities.

Loyalty~ is staying true to someone. It is standing up for something you believe in without wavering. It is being faithful to your family, country, school, friends or ideals-when the going gets tough as well as when things are good. When you are a loyal friend, even if someone disappoints you, you still hang in there with them. Loyalty is staying committed.

You are practicing Loyalty when you.... Stand up for people and ideas you believe in Are loyal to yourself

