

SERVICES



**FIND A JOB • VOLUNTEERING
RETURN TO SCHOOL • CHOOSE A CAREER
GUIDANCE • WORK-LIFE BALANCE**



We are here for you!
Free services for people aged 16 to 35
Contact one of our agents
819 849-0440 • cjeoaticook.com



With financial assistance provided by: **Québec**

	Job search	Guidance	Job retention	Départ @ 9	Personal and social autonomy	Perseverance	Entrepreneurship and volunteerism	Volunteering	Work-life balance	Place aux jeunes
Needs/objectives →	Find a job	Choose a career	Job retention and satisfaction	Find a job or return to school	Regain control of your life	Find the motivation to stay in school	Create an entrepreneurial or volunteer school project	Develop projects that contribute to society and promote youth involvement	Foster scholastic success while in the workforce	Encourages the establishment and retention of youth in Coaticook
Age →	16-35	16-35	16-35	18-29	16-35	15-19	Secondary school (sec 4-5)	18-29	Students	18-35
Duration →	One-hour meetings as needed	6-8 one-hour meetings	10-12 one-hour meetings	3- 6 months 15- 20 hours/week	According to the individual's needs	According to the individual's needs	According to the type of project	According to the type of project	Ongoing	Ongoing
Possible activities →	<ul style="list-style-type: none"> Resume Cover letter Job search techniques and methods Interview simulations 	<ul style="list-style-type: none"> Gaining self-awareness Career exploration Action plan 	<ul style="list-style-type: none"> Attitude at work Support/ Assistance in conflict resolution Meetings at the workplace or elsewhere 	<ul style="list-style-type: none"> Workshops Activities/group workshops One-on-one meetings Personal projects Professional/ educational guidance Job search Collective kitchens Internships 	<ul style="list-style-type: none"> Workshops Activities/group workshops One-on-one meetings Personal projects Collective kitchens Help carrying out daily tasks Job-related support 	<ul style="list-style-type: none"> Gaining self-awareness Professional exploration Individual and group support 	<ul style="list-style-type: none"> Guidance and support to develop entrepreneurial and volunteer projects 	<ul style="list-style-type: none"> Participation allowance Support and guidance while developing projects 	<ul style="list-style-type: none"> Employer awareness Workshops in school settings 	<ul style="list-style-type: none"> Exploratory trips to the region Long distance follow ups Participation in school activities
Expected results →	Securing a job	Returning to or continuing studies	Keeping your current job	Securing a job or returning to school	Development of further personal and social autonomy	Staying in school	Implementation of a project aimed at the development of useful skills	Helping your community while developing useful skills	Work-school balance	Welcoming new residents and workers to the MRC
Location →	The CJE	The CJE	Workplace or the CJE	<ul style="list-style-type: none"> The CJE Professional settings Artist studio/workshop At one's workplace 	<ul style="list-style-type: none"> The CJE Professional settings Artist studio/ workshop 	<ul style="list-style-type: none"> The CJE School 	School setting	<ul style="list-style-type: none"> The CJE In the community 	<ul style="list-style-type: none"> Workplace School The CJE 	The MRC of Coaticook