

Capsule 4 – Obstacles to getting a job

Goals

Identifying obstacles to getting a job... and overcoming them!

Introduction

Sometimes when we are looking for a job, it can be discouraging to think that, even if we were to be called for an interview tomorrow morning, there would be no purpose in going as so many obstacles stand in our way and keep us from integrating the labour market: problems regarding transportation, child care, health, money...

But do not give up: to each problem its solution. Where there's a will, there's a way! First step: identifying obstacles to getting a job. Second step: finding the resources that can help overcome them. Third step: calling on these resources, and taking action.

This is the method we propose in Capsule 4, using a check list. Of course, when you are done with this course of obstacles, you can still ask an **advisor** for help!

(List)

Check the obstacles that keep you from finding a job and discover the resources that can help you overcome them.

I want to find a job, but...

(Obstacles)	(Resources to overcome them)
...I do not have anyone to take care of the kids.	<p>The <u>Childcare Establishment Locator</u> from the ministère de la Famille, des Aînés et de la Condition féminine allows you to find contact information for all childcare centres (CPE) and day-care centres in Quebec and see their location on a map.</p> <p>The locator presents active child care services as well as future developments, authorized by the Ministère and opening within the next 12 months. It is updated every week. http://www.mfa.gouv.qc.ca/</p> <p><u>Coopérative enfance famille</u> offers an information service on family, health and child care service resources (CPE, day-care centres, stop-over centres, day camps, etc.) in Montreal and throughout the regions of Quebec. It also allows you to put yourself on the waiting list of one of the member child care services. http://www.enfancefamille.org/en/</p>
...I do not have any money to buy convenient	<p>The <u>Return to Work Supplement</u> measure allows eligible individuals to receive \$500 to help cover expenses related to their return to work.</p> <p><u>Click here</u> to know if you are eligible to this program,</p>

clothing, pay transportation, etc.	http://emploiquebec.net/anglais/individus/msemploi/supplement.htm or <u>go to your local employment centre (CLE)</u> http://emploiquebec.net/francais/individus/services/index.htm , or call 1 888 emplois.
...nowadays, everything works with computers and I do not know how to use them.	See Capsule 13, "Computers and Internet".
...I will be asked for references from former employers, and I do not have any, or they are outdated.	<p>If an employer asks you for references, it is because it helps them to know you better before you are hired. For example, an employer might want to know if you are honest, trustworthy, and a good worker.</p> <p>Of course, former employers are the best bet for this type of references. But they are not the only ones who can do that for you!</p> <p>Ask people around you who know you well if they would provide you with references:</p> <ul style="list-style-type: none"> • One of your teachers, maybe? • One of your children's teacher? • The manager of an organization where you do voluntary work? • A neighbour you have known for a long time? • A former colleague you are still seeing? • The captain of a sports team for which you play? • A friend or a member of your family? <p>The words of these people may not have as much impact as those from a former employer, but they still will help!</p>
...I am a disabled person.	The <u>Additional Assistance for Disabled Persons</u> measure allows eligible individuals receiving employment insurance or employment assistance to benefit from practical and sometimes financial help for their return to work. <u>Click here</u> to learn more, http://emploiquebec.net/anglais/individus/msemploi/handicap.htm or <u>go to your local employment centre (CLE)</u> http://emploiquebec.net/francais/individus/services/index.htm , or call 1 888 emplois.
...I have mobility problems.	<p>In Montreal, the STM offers a paratransit service to which you may be eligible. <u>Click here to learn more,</u> http://www.stm.info/t-adapte/index.htm or call 514-280-8211.</p> <p>There are other paratransit services around Montreal; some of them are even fully integrated into Montreal's services.</p>

	<p><u>Click here to learn about the paratransit services available in your region.</u> http://www.amt.qc.ca/tc/ta/index.asp</p>
<p>...I do not have a stable address.</p>	<p>It is important that you should be able to provide an address and a phone number to a future employer. For example, they might want to call you for an interview before hiring you. If they hire you, they might need to contact you from time to time to give you information, a change in schedule or else. They will also need an address to send your tax and employment insurance statements, for example.</p> <p>Therefore, it is very important and in your best interest to be able to provide stable phone number and address. Think about it. Ask a parent or a friend for help, if needed.</p>
<p>...I have a dependence problem (gambling, alcohol, drugs, or else).</p>	<p>Getting over a dependence on your own is extremely difficult. Thankfully, there are many organizations in Quebec that can help. Do not hesitate to contact them. Their services are usually free. Here are a few of them:</p> <p>1 866 SOS-JEUX (1 866 767-5389) Support phone line. Free and confidential service, anonymous and bilingual. Available 7 days a week, 24 hours a day, everywhere in Quebec.</p> <p><u>Alcoholics anonymous (AA) Southwest Quebec</u> http://aa-quebec.org/region87/aideTelephonique_en.htm 514-376-9230</p> <p><u>Narcotics anonymous</u> http://www.naquebec.org/ 1 800 879-0333</p> <p><u>Arrondissement.com: lists of resources to help with dependences to gambling, alcohol, drugs, etc.</u> http://www.arrondissement.com/villeraystmichelparcextension/article.asp?id=1116&sort=2.14.4</p>
<p>...I studied in another Canadian province and I do not know if my diploma is good in Quebec.</p>	<p>If your occupation is covered by the <u>Red Seal</u> program, http://www.sceau-rouge.ca/Site/index_e.htm <u>Emploi-Québec</u> can give you information on this matter. http://emploi-quebec.net/francais/individus/qualification/interprovinciale/index.htm</p> <p>The interprovincial <u>Red Seal</u> program http://www.hrsdc.gc.ca/en/workplaceskills/trades_apprenticeship/red_seal/index.shtml improves labour mobility in Canada. It covers <u>over 40 trades.</u> http://www.sceau-rouge.ca/Site/trades/analist_e.htm</p>

<p>... I studied outside of Canada and I do not know if my diploma is good in Quebec.</p>	<p>You could go to the ministère de l'Immigration et des Communautés culturelles and ask for <u>a comparative evaluation for studies done outside Quebec</u>. There are fees involved, but this evaluation and the information that comes with it could make you gain some valuable time in your process of finding a job that is convenient for you.</p> <p><u>Click here</u> to learn more, http://www.immigration-quebec.gouv.qc.ca/en/employment/comparative-evaluation/index.html or if you live in Montreal call 514-864-9191.</p>
<p>...I have never had a job in my field in Quebec – however, I have recently been accepted as a permanent resident.</p>	<p>If you are eligible to the Program for Immigrants and Visible Minorities (PRIIME), your future employer could receive financial assistance when they hire you.</p> <p><u>Click here</u> to learn more, http://emploiquebec.net/francais/individus/msemploi/priime.htm or <u>contact your local employment centre (CLE)</u> http://emploiquebec.net/francais/individus/services/index.htm</p>
<p>...other obstacles stand in my way to keep me from getting a job.</p>	<p>What are these obstacles? Make a list, and <u>see an advisor</u> to find the resources that could help you overcome them.</p> <p>With help and encouragement, you will find solutions. Don't give up!</p>

Evaluation questionnaire

What is your situation now? (Check the appropriate boxes.)

1. I am ready to start looking for a job.
 - a. (If checked): Go to Capsule 5.
2. If you answered no to the previous question, explain why.
 - a. One or more obstacles keep me from looking for a job, and I do not know how to overcome them.
 - i. If checked, see an advisor who can help you.
 - b. I do not know where to begin.
 - i. Maybe you are unsure about the type of occupation you wish to do. In this case, go back to capsule 1 or ask an advisor for help.