

# Need Help Finding Work?

Check out

## JobOptionsBC

In Sidney

Our ten week paid employment program  
may be the answer for you.



### Am I Eligible?

- ✓ 18 years of age or older
- ✓ Live on the Peninsula or Islands
- ✓ Unemployed
- ✓ Not in school full time
- ✓ Not eligible for EI
- ✓ Looking for long-term employment

### What will I Learn?

- ✓ Team Building & Communication Skills
- ✓ Dealing with Conflict
- ✓ Nutrition and Fitness Information
- ✓ First Aid, Food Safe, Serving it Right, Service Essentials
- ✓ Career Exploration & Networking
- ✓ Individual Job Search Planning
- ✓ Resumes, Cover Letters and Interviews
- ✓ Job Maintenance
- ✓ Money Management

**Next start date: December 13, 2010**

Call 250.656.0134 or email [joconnor@beaconcs.ca](mailto:joconnor@beaconcs.ca)