

# Community Activities: A Good Stepping Stone to Employment

Are you planning to go back to work soon and want to hone your social or professional skills? If you are eligible for the Social Integration measure, you can develop the attitudes, behaviour patterns and abilities required to find employment by volunteering in community activities.

## You are eligible if

you receive employment-assistance benefits;  
you are unemployed and do not receive public income support;  
you receive Employment Insurance benefits (only under exceptional circumstances, since this measure is not intended for people who recently left the job market).

## Participation time

At least 60 hours per month for the first six months and 80 hours per month thereafter

## Duration of assistance

The duration of assistance varies with participants' needs. Participation is re-evaluated after 12 months, at which time Emploi-Québec will either extend the assistance or recommend that you participate in another measure or activity.

## Resources providing this assistance

All legally incorporated community organizations

## For more information

Log on to [emploiquebec.net](http://emploiquebec.net)  
or visit your local employment centre.

**To find the local employment  
centre nearest you, visit [emploiquebec.net](http://emploiquebec.net)  
or call 1-888-367-5647.**

*Québec is responsible for active employment measures and certain functions of the National Employment Service that are funded by Canada's Employment Insurance Account.*