

You Too Can Join the Labour Market!

Are you job hunting and always get the impression that everyone else is way ahead of you? Well, Emploi-Québec can help you take your place in the work force.

If you are...

...45 years old or over

Training is a good strategy for remaining in the labour market longer or changing careers. You can be a big asset to an employer by passing your skills on to younger employees or updating your knowledge. To that end, Emploi-Québec has adopted a strategy specifically for workers aged 45 and over. You can consult the strategy online at emploiquebec.net.

...a newcomer to Québec

The *Carnet de route pour immigrants* (available in French only) is the perfect tool to help you find a job. It contains tips and vital information for understanding the Québec labour market. You can obtain a copy from your local employment centre (CLE) or consult the publication online at emploiquebec.net.

...choosing a career

LMI Online (Labour Market Information) will help you in your job search and career choice. This site tells you everything you need to know about trades and occupations that offer the best job prospects. To make the right choice, visit emploiquebec.net and click LMI Online.

**To find the local employment
centre nearest you, visit emploiquebec.net
or call 1-888-367-5647.**

...a woman

Many oft-ignored sectors can offer very interesting jobs. If you want to explore employment avenues you may not have considered before, consult the guide *J'y suis, j'y reste* (available in French only) at emploi.quebec.net. Traditionally male-dominated jobs are worth considering.

...a person with disabilities

There is a job for you out there. Visit your CLE to find out about programs to help disabled people find work. A number of Emploi-Québec-funded organizations provide employment services for people just like you.

For more information

Log on to emploi.quebec.net or visit your CLE.

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