

One-on-one Counselling

Meet with a guidance counsellor to:

- Identify your career goals;
- Set an employment objective and a job search strategy;
- Identify transferrable skills;
- Get information about the Quebec labour market;
- Work on your resume, cover letter, interview skills and get help translating them into French.

By appointment or drop-in, get free access to computers, the Internet, fax machine, job postings, bilingual information, and specialized guidance tools in English.

We're expecting you!



In Sainte-Foy

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FORT PROGRAM

Employment Assistance

For the English-speaking Community



familyforce.ca
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Cet organisme reçoit l'aide financière de :
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Emploi Québec

RSSMO
Réseau des services
spécialisés de main-d'œuvre

Where to Turn

If you...

- Are looking for a job but don't know where to start;
- Need help with your resume;
- Want to know more about the labour market in Quebec City;
- Want to consult current job offers for bilingual people;
- Are thinking about going back to school, but don't know where, when, or what to study;
- Need to identify your goals and interest;
- Are feeling overwhelmed...

Our guidance counsellors can help you find your way in Quebec City.

A Team to Help You

The FORT Program offers one-on-one employment assistance to members of the Quebec City region's English speaking community. Our bilingual services are provided by professional guidance counsellors. Access to various job search tools, including Internet stations, job boards and documentation centres are also provided. All services are **free and confidential**.

The FORT Program's guidance counsellors are:

- Specialized in employment and vocational counselling;
- Experts in personalized assistance;
- Knowledgeable about the resources and opportunities in the job market and in education;
- Bound by professional confidentiality.

Call us today to make an appointment and start your job search!

Useful Tools

Visit the FORT Program's Documentation Centres for complete access to:

- Up-to-date information on the job market and opportunities for English-speakers;
- Bilingual documents and information about educational and training programs;
- Assistance with job market research;
- Computers for searching the web for job opportunities, updating your cover letter and resume, and emailing them to employers;
- Fax machines and photocopiers;
- Knowledgeable staff to help you every step of the way.

The FORT Program is working to help you succeed!

