

GET WHAT YOU NEED TO FIND A JOB

HELPFUL SOLUTIONS FOR IMMIGRANTS

EMPLOI-QUÉBEC

Are you a newly landed immigrant?
Here are some essential steps **to follow** in order to **find a job**.

1 FIRST STEPS IN SETTLING DOWN

Read the guide entitled *Learning About Québec*, published by the Ministère de l'Immigration, de la Diversité et de l'Inclusion, for information on the steps to integration in Québec society. You can register for the half-day group session **Premières démarches d'installation** as soon as you arrive. This information session is offered in Montréal, Laval, Longueuil, Québec and Gatineau.

Request a **social insurance number** from Service Canada.

Apply for a **health insurance card** at the Régie de l'assurance maladie du Québec.

Find out which organizations in your region offer welcome and integration services. You may inquire about full-time, part-time and online **French language courses** and about the criteria required for admission. Attending the session **Objectif Intégration** will help you understand the world of work and the cultural orientations and values of Québec society. Sessions are offered in Montréal, Laval, Longueuil, Québec, Sherbrooke and Gatineau. Attending the session Objectif Intégration is recommended before you take steps to find a job through Emploi-Québec.

To obtain information or to register:
1-877-864-9191 or
www.immigration-quebec.gouv.qc.ca

2 EMPLOYMENT SITUATION ASSESSMENT

Explore the possibilities of working in your profession or trade in different Québec regions by studying job offers.

Here are a few things to think about:

- What is your professional goal? What kind of job are you looking for?
- What are your acquired skills (training, work experience)? Are they in line with your professional goal and with labour market requirements?
- Are your job search techniques appropriate and up to date?

INQUIRE ABOUT

Trades and professions, sectors of economic activity, employers and employment prospects per region by visiting the **LMI Online** website, which provides information on the labour market.

Conditions governing the **exercise of a regulated profession or trade**.

Equivalence between your diploma and diplomas issued in Québec.

The pertinence of **requesting a comparative evaluation** for your studies.

Recognition of prior learning and competencies related to secondary and pre-university studies and workforce skills recognition.

Professional qualification certificates.

3 JOB SEARCHING

Once you've assessed your employment situation and are ready to work, visit the Emploi-Québec website, where you can find documentation and websites related to seeking employment, and be directed to job search services, which can provide you with helpful job search techniques, for example.

- Find out if you are eligible for these services.

CONSULT

Your *Complete Job Search Guide*, published by Emploi-Québec, to start your job search, find job offers of interest in your field, put together a toolbox to help you write a résumé, and find out how to make the most of email, prepare for an interview, and make your mark in your new workplace.

The search tool *De l'aide vers l'emploi* to find specialized employment organizations per region and per clientele.

PARTICIPATE

Participating in events, trade shows and job fairs, workshops and training sessions can help you find a job or perfect your skills.

REGISTER

You can publish your candidacy and apply for jobs using the **Online placement** database.

For more information and to watch video clips on the steps to finding a job, go to the Emploi-Québec website at www.emploi.quebec.gouv.qc.ca (profile Immigrants).

4 EMPLOYMENT INTEGRATION SUPPORT

Get information on tools and services that Emploi-Québec provides to the general public, and specifically to immigrants, such as

- the **Employment Integration Program for Immigrants and Visible Minorities (PRIIME)** to help you find your first job in Québec; and
- **Québec pluriel**, a mentoring program for persons aged 35 and under, offered in Montréal, Longueuil, Québec, Sherbrooke and Gatineau.

OTHER SERVICES

The **Interconnection program** (internships, networking, etc.) to help you establish privileged contacts with organizations in the Montréal region.

Intégration Québec, an employment integration program for professionals trained outside Québec in the field of information and communications technologies.

If you need additional information, contact a **local employment centre (CLE)**. Consult the local employment centre locator on the website of the Ministère du Travail, de l'Emploi et de la Solidarité sociale in order to find the centre nearest you.

AT THE LOCAL EMPLOYMENT CENTRE (CLE)

You can use the multiservice room equipment to facilitate your job search, with help available from an assistance officer, should you require it. You can also schedule a meeting in person or by telephone if you wish to speak with an assistance officer. To register at a CLE, you must provide photo identification, your social insurance number and your Confirmation of Permanent Residence.

Be sure to bring your résumé, and if possible, copies of your diplomas and of the **Comparative evaluation for studies done outside Québec** to your meeting with the assistance officer. In order to participate in measures and programs offered by Emploi-Québec, you must be approved by an assistance officer.

WARNING

This document is intended for general information only and has no legal force.