

One on one

counselling

By appointment or drop-in, get free access to the internet and to a fax machine, consult job postings, bilingual information and specialized vocational guidance books in your mother tongue.

Meet with a guidance counsellor to :

- Improve your self-knowledge and identify your career goals.
- Set an employment objective and a job search strategy.
- Identify transferable skills and expectations regarding the job market.
- Work on your job search tools : résumé, cover letter, interviews and get help to translate them to French.
- Get information about the regional labour market.

We are expecting you !

info@crfmv.com
www.crfmv.com

Sainte-Foy
1039, Wolfe avenue
Québec (Québec) G1V 3J9
418 649-6505

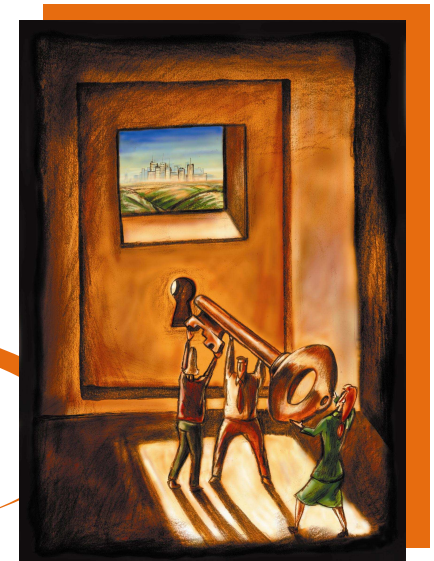


Valcartier
Building 93
P.O. Box 1000, Station Forces
Courcellette (Québec) G0A 4Z0
418 844-6060



Employment assistance

For the English-speaking community



This organisation is funded by
Emploi Québec

**Centre
Famille
Valcartier**

If you...

- Are looking for a job but don't know where to start.
- Need a second opinion of your résumé.
- Need help finding the right words in French.
- Want to know more about the labour market in Quebec City.
- Want to consult current job offers for bilingual people.
- Might want to go back to school but don't know where, when or what to study.
- Need to identify your needs and personal interests.
- Are all mixed up.

Our guidance counsellors are there to help you settle down and find your way in Quebec City.

A team to help you



The FORT program counts on the expertise of its team of guidance counsellors who are :

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

Useful tools

The FORT program provides :
Access to a documentation centre where you will find :

- Up-to-date information on the job market and opportunities for English-speakers.
- Bilingual documentation on educational training and programs
- Assistance with job market research.

The FORT program is working to help you succeed!