

# Resources for Dealing With Job Loss

CAREER PLANNING

EDUCATION

JOBS

Losing a job is one of the most stressful things a person can face. It can happen to anyone, anytime. The good news is there are resources to help.

## Publications

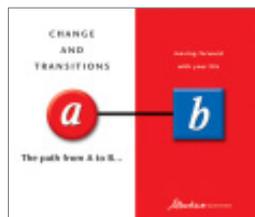


### Creating a New Future: The Job-Loss Workbook

Practical information and exercises to ease the transition from being employed to being unemployed, to moving on and creating a new future.

### Change and Transitions: The Path From A to B

This resource explores emotional transitions and stresses that may come with change. Inside are exercises, tips and strategies to make the most out of change.



### Stretch Your Dollars: Budgeting Basics

This publication will guide you through the budget process. Learn how to cut your expenses, boost your income and access services and programs.

## ALIS Resources

### [alis.alberta.ca/jobloss](https://alis.alberta.ca/jobloss):

This step-by-step job-loss resource links you directly to the information and services you need to move forward.

### [alis.alberta.ca/hotline](https://alis.alberta.ca/hotline):

Get advice and referrals from an Alberta Career Information Hotline Career Advisor. Services include career planning, occupational and educational information, and work search options.

### [alis.alberta.ca/jobpostings](https://alis.alberta.ca/jobpostings):

Find links to Alberta and regional job banks, public service job banks, employer job banks by industry, employment agencies job banks, student job banks and provincial newspaper listings.

### [alis.alberta.ca/resume](https://alis.alberta.ca/resume):

This free e-Resumé Review service is for those seeking employment in Alberta. Submit your resumé online for an expert review and feedback from a Career Advisor at the Career Information Hotline.

### [alis.alberta.ca/worksearchvideos](https://alis.alberta.ca/worksearchvideos):

Videos that answer common work search questions from “How do I write an effective resumé?” to “What should I do after an interview?”

Explore publications on employment and career planning topics ranging from back-to-school planning to training for work. Download or order publications at [alis.alberta.ca/publications](https://alis.alberta.ca/publications)

## Career Planning and Education

### **alis.alberta.ca/careerinsite:**

CAREERinsite is a free, interactive career-planning tool that allows you to explore career options based on your values, skills, abilities and interests. Learn about yourself and the type of work that's right for you. Results are saved in your career plan.

### **alis.alberta.ca/occinfo:**

OCCinfo provides information on occupations including duties, working conditions, salary ranges, employment outlook, educational programs and requirements. Sign up for a free account and save your searches.

### **alis.alberta.ca/occupationalvideos:**

Watch more than 200 occupational videos with real people in real jobs. Take a look at the knowledge and skills needed for specific occupations.

### **alis.alberta.ca/post-secondary:**

Learn about post-secondary options. Explore schools and programs, how to apply for admission, paying for post-secondary, and resources for apprenticeship and students with disabilities.

## ALBERTA WORKS CENTRES

Located throughout Alberta, these centres offer information on occupations, career options, finding work and education programs and funding. You can talk to a career and employment consultant, and use computers for Internet job searches or word processing. Phone and fax machines are also available to help you with your work search.

To locate an Alberta Works Centre near you, call the Career Information Hotline or visit the ALIS website at [alis.alberta.ca/awc](http://alis.alberta.ca/awc)



## Additional Resources

### **alis.alberta.ca/indigenous:**

Information and resources on career planning, education and work search for Aboriginal peoples and counsellors.

### **alis.alberta.ca/disabilityresources:**

Information and resources on career planning, education and looking for work as a person with a disability.

### **alis.alberta.ca/easyreading:**

This series for adults with low literacy skills includes career planning and employment workbooks, 24 job profiles, an accompanying dictionary, and guides for career advisors and tutors.

### **alis.alberta.ca/matureworkers:**

If you are over 50, find useful information on looking for work, enhancing the work you have, and managing your finances. There is also a section of resources for counsellors.

### **alis.alberta.ca/tips:**

Easy-to-read articles on career planning, education and work search topics.

### **alis.alberta.ca/youthtransition:**

Are you between 16 and 24 and trying to make positive changes in your life? Here you will find information and resources that will help you make the transition to careers, learning, work and independence.

## STAY INFORMED

### **alis.alberta.ca/enewsletter:**

Subscribe to find out what's new on ALIS and get information on new and updated products.