

CHROMESHIELD VOICE

Community Labour Adjustment Center

HEINZ DAYS

Heinz dates for local 195 members;

March 8, 9, 10, 13, 2010

March 15, 16, 17, 20, 2010

June 28, 29, 30, 2010

July 5, 6, 7, 10, 2010

October 18, 19, 20, 23, 2010

October 25, 26, 27, 30, 2010

You will be entitled to purchase a variety of products at a discounted price. The store is located at **85 Wilkinson Drive in Leamington (AMCO Storage Building)**

The store hours:

9am-4:45 (Mon-Wed)

8am-11:45 am (Saturdays)



JOB SEARCHING

Are you looking for a job?

The purpose of a resume is to get an interview.

If you're not getting the interviews it is probably your resume.

We can help, by looking at your resume and making some changes to it to entice those employers.

Maybe your resume is good but you need help with your cover letter or interviewing skills.

Well, that's what we are here for, come down or call and make an appointment



Chromeshield Labour Adjustment Office

Where to find us

1801 Walker Rd

Suite 200

519-256-6142

Ext 226



FREE INCOME TAX SERVICE



Once again, we will be offering free tax services to all our members and their immediate families. This clinic will run on a first come first serve basis, so make your appointment (s) early because the cut-off point for this program is once we are fully booked. To qualify for this program you must:

- Basic tax only.
- No rental Properties

Dates and Times of Clinic

March 26 ☞ 9am to 2pm

April 1 ☞ 9am to 2pm

April 9 ☞ 9am to 2pm

April 16 ☞ 9am to 2pm



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Coping With Job Loss Program Riding The Emotional Roller Coaster

Job loss whether it is voluntary or involuntary has a tremendous impact on our lives. Other than the obvious financial changes we experience, there are social and emotional costs attributed to unemployment. Our daily routine is interrupted. We no longer have access to the social networks we developed at work. Depending on the nature of the work we did, there can be also a feeling of loss of prestige or standing in the community.

Individuals who are not working may fall victim to the stigma of being unemployed. There is sometimes a perception that those who are unemployed are “lazy” or “bad workers” and may even be viewed as choosing to “live off the system”. As the period of unemployment extends, many withdraw from social contact and as their stress level increases, they become more vulnerable to depression and other stress related disorders.

Even though our own reactions to job loss are as individual as we are, there are some basic commonalities associated with the stages of job loss— often referred to as the Emotional Roller Coaster.

Stage 1: Shock, anger and denial or even relief are the most commonly experienced emotions at this stage of job loss. The feeling of relief is often felt in circumstances where a worker has been going through the motions at work and gets the distinct feeling that they are going to be terminated. This happens as a result of plant closures, layoffs or termina-

tion of employment. As the shock starts to wear off, feelings of anger or denial often surface. People become angry because they are being forced into a situation that they did not choose. Denial occurs in situations where the reality of the situation is too overwhelming for the individual and they try to “run away” from the situation. Often those in denial regard the initial stage of unemployment as a type of holiday. They spend their severance pay on a trip or other luxuries. Some people escape through alcohol, gambling or drug abuse.

Stage 2: Worry, anxiety and self-blame are the emotions those who are unemployed may now experience. Reality has begun to set in. Financial worries come to the forefront. As the length of unemployment extends beyond their expectations, they often begin to experience feelings of self-blame, panic and worry. It is this stage that many begin to demonstrate the initial signs and symptoms of depression. Due to the emotional strain, families begin to feel the stress and marital conflicts are likely to emerge or increase. It is at this stage that the incidence of physical abuse is more likely to occur.

Stage 3: It is at this stage that individuals who are unemployed reach a state of acceptance. They may not like the situation they are in but they have come to accept it, and likely begun to develop a job search strategy. It is not uncommon at this stage for emotions to run through a cycle of optimism

and disappointment with every application or resume submitted.

Stage 4: This stage represents a real turning point emotionally. Those who choose a negative path may begin to internalize their rejection. They may consider their barriers too great to overcome, and give up. Those choosing a positive path begin to utilize their *coping bridge*. This coping bridge is the self-assessment stage. A person’s strengths, weakness, education gaps and skill gaps are identified. They begin to develop a plan of action.

Stage 5: This is the resolution stage where individuals have implemented their plan of action and have successfully secured new employment. This may have been accomplished by receiving assistances from various community agencies or their own personal support network.

Group Intervention

Support is provided in a peer support workshop setting. They average in size from 6-12 participants, with the smaller group size promoting greater opportunity for participants to interact and share with each other. Small group sessions focus on personal growth, self awareness, stress management, communication, skill development and relevant community resources. This interaction is significant and beneficial because of the isolation and lack of opportunity to express feelings that can come with being unemployed or under

employed

This program partners with other unemployment support agencies (City Of Windsor, UHC) to inter-fer clients needing types of unemployment support.

One-One Counseling Services

Counseling is available to individuals who have experienced job loss and are not able to participate in a group format due to specialized needs or presenting distress. Program offers individual counseling to clients to address acute stress reaction to unemployment including goal oriented therapy, reality based therapy, and intense stress and self-esteem management. Short term therapy will be provided with the goal to have the participant join a support group or if necessary to be linked to a longer term community support.

For information on services offered, and to find out when the next series begins, call 255-1749

From Your Committee:

Even though we have published this type of informational news article before and it has been over a year since the loss of our jobs, we think it is important to re-run it again due to the possibilities of some members coming off E.I and still have not found employment. Try to stay strong and reach for community resources like this one. It may also remind you of what to look for in a spouse, family member, and friends that may be going through job loss.

New Changes to Part Time Training and EI

Training Opportunities

Lift Truck
First Aid & CPR
Smart Serve
Food Safety
Computer Work-
shops MS word,
Excel, Access,
PowerPoint

*(date to be deter-
mined)*

If you are interested in any of these please contact us or stop by the Adjustment office and we will get you signed up

As of February 2010 Employment Insurance is allowing individuals to take up to 14 hours of Part time training. Individuals can now call the 1-800 number to EI and ask for permission over of the phone. Two major changes are the number of hours allowed under part time training and being approved over the phone.

The Biggest Cover Letter Mistakes You Can Make

Everyone wants to know how to write the best cover letter possible but the truth of the matter is what works for one person don't necessarily work for another. No two people fit the same cover letter. So if you are trying to bum off someone else or use what a professional has written for another person you are doing yourself more harm then good.

Take a moment and review the 5 most common cover letter mistakes.

1) Using what someone else has written for yourself. Cover letter sin number one is not only plagiarism but it's just bad practice. It certainly won't get you very far either because no two jobs seekers are alike. Your experience, expertise, and credentials are completely different than job seeker Joe over there and your cover better be too if you want the job! Create something unique that reflects YOU, not someone else.

2) General cover letters work best. Nope, wrong again. Customize your cover letter to the position that you are applying to. This includes incorporating the hiring manager's name, contact info, and position title.

It also includes writing in the title of the position, where you heard about it, and make the content of your cover letter EXTREMELY relevant to the position description.

3) Coping your resume into your cover letter. This is by far the most common mistake I've seen. Give me something juicy in the cover letter, something that entices me to read your resume but doesn't just repeat what I'm going to read on your resume. I want- to want-to read your resume, make your cover letter make me want to read your resume.

4) Using BORING and OVER-USED openers. Blah! I'm so tired of "In response to your ad for XYZ position with XYZ Inc." That is not original or creative. I want an employee that is creative, original, and dynamic. Show me that in your cover letter, captivate me in that first sentence. Remember job searches are based on exclusion not inclusion. Hiring managers are looking for a reason to toss your resume and you have to fight to be at the top. Instead, try something bold like: "Your Sales Management advertisement addresses my qualifications so ideally,

one would think we've met. And we should—because I can offer you precisely the experience for which you have been searching."

5) All I have to say is your cover letter better match your resume; in font, font size, format, layout, design, etc. While content of your cover letter should be different than your resume, your cover letter design should definitely match you resume design. This shows organization, attention to detail, and that extra effort that goes much further than you would believe.



If you are struggling with creating your own give us a call that's what we are here for. Don't just give up, because we can help.

Food Banks

UHC

6955 Cantelon Drive

Mon to Fri

8:30 to 11:30 &

12:30 to 3:30
excluding holidays

Drouillard Place

within boundaries

Mon., Tues, Wed. and
Friday 1:30 to 4:00

Goodfellows

401 Park St. W.

519 252-2739
for hours of operation

Salvation Army

355 Church St.

519 253-7473
for more information



Job Search Websites

Our Office Hours

Monday 9 to 4

Tuesday 9 to 4

Wednesday 9 to 12:30 & 2:00 to 6:00

Thursday 9 to 4

Friday 9 to 4

Saturday 9 to 4
New

We're on the Web



Chromeshield Adjustment Committee

Chair

John Toth

Your Committee

Tammy Anger

Candy Eagen

Peer Helpers

Kelly Nicholls

Mario Savoia

Alberto Sommarriba

Published By:

Candy Eagen

GOVERNMENT RESOURCES

Windsor Employment & Insurance Office	www.servicecanada.gc.ca
HRSDC program & service info	www.hrsdc.gc.ca
Job Bank	www.jobbank.gc.ca
...another access to Service Canada	www.jobsetc.ca
Labour Market Information	www.labourmarketinformation.ca
Federal Government Jobs	www.jobs-emplois.gc.ca
Ontario Government Jobs	www.gojobs.gov.on.ca
Manitoba Job Information	www.mb.workinphonet.ca

JOB SEARCH RELATED INFORMATION

Career Key Agency (advice and tips)	www.careerkey.com
Job Futures (forecast of careers)	www.jobfutures.ca

PROFESSIONAL ASSOCIATIONS

Professional Engineers Ontario	www.peo.on.ca
Canada Business Service Centre	www.canadabusiness.ca
Business Development Bank	www.bdc.ca
Canadian Federation of Chefs & Cooks	www.ccfcc.ca

WINDSOR EMPLOYMENT AGENCIES

Career Development Services	www.careerdevelopmentwindsor.com
Multicultural Council	www.themcc.com
Net Success (Internet Job Search Skills)	www.netsuccess.on.ca
South Essex Community Council (Disability focus)	http://windsor.essex.cioc.ca
Unemployed Help Centre	www.uhc.ca
WEST (Women's Enterprise Skills Training)	www.westofwindsor.com
Windsor Women Working With Immigrant Women	www.wwwiwi.org

CANADIAN JOB SEARCH RESOURCES

Aerotek (Technical & Professional jobs)	www.aerotek.com
Career Builder (also known as Head-hunter)	www.careerbuilder.com
Canada Jobs (mainly central area of Ontario)	www.canajobs.com
Career Click (Can. Newspaper Ads)	www.working.com
Also found using	www.indeed.ca
Globe & Mail	www.workopolis.com
Monster (local & global jobs)	www.monster.ca
Job Shark	www.jobshark.ca
Hot Jobs (Yahoo)	www.hotjobs.ca
CNC Global (IT technical jobs)	www.sapphireca.com
Canada IT (Information Technology jobs)	www.canadait.com
Technical Canada	www.techjobscanada.com
Work for Rehabilitation and Disabilities	www.workink.com
Teaching jobs	www.applytoeducation.com
...more teaching related	www.educationcanada.com
Hospitality related job listings	www.cooljobscanada.com
Engineering	www.thinkjobs.com
Mining	www.bushrat.net
Finance	www.higherbracket.ca
Retail	www.allretailjobs.com
City of Windsor (Work for Windsor)	www.citywindsor.ca

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