

# Being Properly Prepared to Find the Right Job for You

Are you looking to re-enter the labour force? If you are eligible for the Job Readiness measure, you can participate in a project that will help you

- develop the personal skills needed to find a job or stay employed;
- gain a better understanding of the labour market;
- conduct a job search;
- do an internship;
- acquire production-related work experience (in job integration companies).

## You are eligible if

- you receive Employment Insurance benefits;
- you receive employment-assistance benefits;
- you are unemployed and do not receive public income support;
- you are someone who experiences major difficulties trying to find and retain employment.

## Participation time

Average of 20 hours per week.

## Duration of assistance

Assistance may be provided for several weeks.

## Resources providing this assistance

Non-profit organizations that specialize in all aspects of the work force and employment.

## For more information

Log on to [emploiquebec.net](http://emploiquebec.net) or visit your local employment centre (CLE).

To find the local employment centre nearest you, visit [emploiquebec.net](http://emploiquebec.net) or call 1 888 643-4721.

*Québec is responsible for active employment measures and certain functions of the National Employment Service that are funded by Canada's Employment Insurance Account.*