



## ARE YOU LOOKING FOR WORK?

*META is Making Employment Transitions Attainable for job seekers in Belleville and the surrounding areas!*

We offer assistance to all types of job seekers. Whether you are just starting out, looking to re-enter the workforce or are considering a career change, we're here to help!

Our Resource Centre is available to the general public to use for employment-related tasks, or we can meet with you one-on-one to assess your needs and help you move towards your employment goals.

*Take a look at the other side to see what free services are available to you!*

**META wants to connect you with the resources, employers, and training that you need to succeed. We offer:**

- » **Workshops:** Want a bit of training to add to your skills? Have a look at our workshop schedule. We offer a variety of workshops to build and enhance your skill set
- » **Re-Training:** Thinking about doing some re-training? Our staff can assist you by assessing your eligibility for Second Career and if you qualify, help you with the application process
- » **Career Refresh:** Looking to make a career change? Meet with one of our employment specialists who can help you identify a potential new career
- » **Interview Help:** Feeling unprepared? Book a mock interview with one of our staff members. You will get the chance to practice and receive feedback and suggestions on how to improve this skill
- » **Job Boards:** We update our in-house and online job boards daily to keep you connected with employers looking for workers
- » **Tools For Your Job Hunt:** Our Resource Centre hosts computers, wifi, a fax machine, printer, scanner and photocopier to aid in your job search, free of charge



**For more information, call 613.966.9069 or visit <https://metaservices.ca/> and let's #getMETAvated with your job search.**