

# YOUTH

# Newsletter



Winter/Spring 2009

**VISION** Youth Opportunities Unlimited is a caring and active place where all youth are engaged in learning and creating opportunities to build their future. **VALUES Client Centred** - We are respectful in all of our client interactions and flexible and inclusive in providing services that meet clients' needs. **Community Focused** - We are locally driven and gather input from many community sectors on an ongoing basis. **Fun** - We create and support environments that are enjoyable, positive and respectful. **Integrity** - We are honest, responsive, clear and ethical in all of our communications and interactions. **Quality Driven** - We set high standards for success and work hard to surpass them.

## "It's never too early to think about your summer job..."

At Youth Opportunities Unlimited, we offer help in creating a resumé, conducting a job search with results, preparing for an interview and accessing hundreds of job postings with local businesses that hire students and young people. Whether you're looking to be hired for your first job or you've worked before and are looking for a job this summer, Youth Opportunities Unlimited can help!

The Summer Jobs Programs available at Youth Opportunities Unlimited give you access to hundreds of job postings from employers all over the city! These employers want to hire youth and students connected with our programs because they know the youth will be ready to start the adventure of a new job.

Let our Summer Programs help you! Last summer more than 500 youth had positive and successful experiences in their summer job due to YOU's Summer Programs.

You could be one of these successful students this summer. Drop into any of our locations or visit the YOU website [www.you.on.ca](http://www.you.on.ca) for registration information.



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YOUTH OPPORTUNITIES UNLIMITED

[www.you.on.ca](http://www.you.on.ca)

## Did you Know?

You can acquire new skills, learn how to find and keep a job, prepare to return to school and get paid while you're doing it.

If this sounds too good to be true, it isn't! The YES (Youth Endeavouring for Success) program offers four weeks of different learning opportunities, all in an alternative learning environment. Portfolio week provides First Aid, Safe Food Handling and Service Excellence certification while Life Skills helps you develop the skills needed to live independently. Literacy/Numeracy week helps prepare you to return to school or complete your GED. And Pre-employment

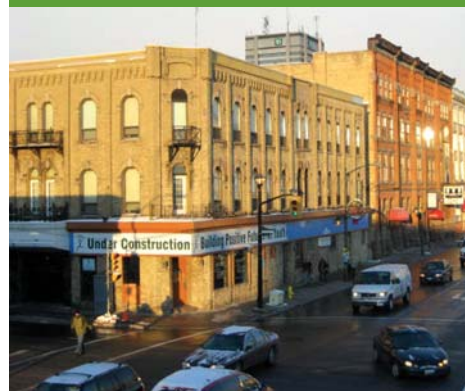


Taryn Facilitates a Pre-Employment Workshop

week helps you learn how to write a professional resumé, answer interview questions appropriately and improve your job search skills. Two recent workshop participants 'aced' their interviews for acceptance into the Enterprise Services paid training program. This could be you! So, if you are between the ages of 15 and 30, not enrolled in school and not working, the YES program may be your first step on the path to success. Just visit us at YOU and say "Yes, I want to sign up for YES!"

**For more information** on the YES program, contact Michelle Ball at the YAC, 519.434.6500 x 368 or e-mail michelleb@you.on.ca.

## AFFORDABLE HOUSING FOR YOUTH



Youth Opportunities Unlimited now offers affordable housing for Youth! The building is located at 332-338 Richmond St. in the heart of downtown London. The upper two floors feature 14 bachelor apartments, 12 one-bedroom apartments and 2 two-bedroom apartments. The three-storey building has been a landmark in downtown London since it first opened in 1879. Prospective tenants must complete a Rental Application form. The form includes the code of conduct for the building and requires proof of current income and two pieces of identification. Rental application forms are available from either YOU reception at

141 Dundas Street on the Second Floor or at the Youth Action Centre on the lower level. The rent for the bachelor and one bedroom apartments is \$330 and \$632 for a two-bedroom.

When an apartment becomes available Shelley Boyes, our Transitional Housing Worker, will contact you and confirm a time to meet with the Rent Review Committee.

**For more information** call Shelley Boyes, Transitional Housing Worker for Youth Opportunities Unlimited at 519.434.6500 x 367

## Springbank Employment and Learning Centre

**A friendly drop in and self directed Centre for all ages**

- Access to current job postings
- Resumé, cover letter, interview help
- GED & ESL programs
- Summer Job Postings
- Computers with Internet Access
- Photocopier, fax service
- Employment counseling
- Career Carnival May 2009

360 Springbank Drive, Unit 7, London, Ontario t: 519.474-4946  
ALL SERVICES ARE FREE



Annual Career Carnival at Springbank

## How Long Will it Take to Obtain my GED?

This question is asked by almost every youth who comes through our GED Preparation Program. The question seems simple but for each youth the answer is a little different.

Although it's true that secondary school credits can correlate with GED success, at YOU, we offer the Canadian Official GED Practice Test assessments to accurately determine your readiness in the five subject areas. From this we are able to develop custom learning plans to meet your specific learning needs. Nothing builds more confidence than when a learner succeeds with these assessments.



Mirella, GED Coordinator assists GED student

**To find out how you can succeed with the GED tests,** call 519.432.1112 and ask for GED.

## Employment Counseling in Strathroy

The Next Wave Youth Centre has re-opened as of December 1, 2008. We are very excited to be open and have resumed programming and activities. The Centre is available for youth to access job search support. There are MANY resources to check out and an Employment Counselor is also available to provide support during Centre hours. The Centre will be offering workshops throughout 2009 including resumé writing and interviewing. There are staff



Staff of the Next Wave Youth Centre

available to assist with information on education, apprenticeship and other training opportunities. Staff are also available to assist you in finding any necessary resources in the community that you may require. We will continue to provide a variety of fun activities on a daily basis. The Internet Café will soon offer new breakfast and lunch menu items.

## Do You Enjoy Working With Your Hands?

Perhaps a job at our woodshop would be just the opportunity you need to gain some experience for a cool job in the future. The team leader Joel is an expert in helping youth learn how to use tools properly and safely to create patio furniture. You are even encouraged to design your own piece of wooden furniture. As a paid team member you will



have the opportunity to meet new people and gain skills in working with different kinds of woods and waste management. You will also be working with Heather – one of our Job Developers - who will help you market these new skills to employers in the community who are hiring! Sound interesting?

Apply today at any location!

## The Culinary Arts

At the YOU MADE IT KITCHEN we offer youth an opportunity to gain paid experience and skills training towards a professional career in the culinary arts. Our Chef Dee Biggar, guides youth through a step by step process to learn proper culinary procedures as well as the manufacturing process of our line of Market Quality Preserves. Everyone is assigned duties on a rotating basis, exposing each youth to each step involved in the manufacturing process and related kitchen duties.

As you build skills, our Job Developer, Jack meets with youth in the kitchen team on a weekly basis. These meetings help prepare youth for employment in the field of Culinary Arts or further education leading to later employment in this field. Jack ensures your resumé is the best it can be, that you understand and can employ good job search skills and can follow up on employment leads. Jack and fellow Job Developer, Heather then represent you to various London employers and sell these employers on the advantages of hiring YOU youth who are pre-screened and job-ready.

## Your Opportunity to Kickbox!



Recreations Program's Bowling Night

The Recreation Program provides youth with opportunities to take part in positive and healthy activities. Recreation and physical activity are an important part of development. They contribute to a healthy lifestyle. At YOU we help eliminate the barriers that may stand between you and these opportunities. To date the Recreation Program has run events such as canoeing, bowling, kickboxing, and YMCA gym memberships. All have been very successful. There are other events in the works.

To find out how you can take part, visit YOU at 141 Dundas St, second floor or drop into the Youth Action Centre (YAC) located in the building's lower level.

## Safe Place to Chat with Other Young Women and be Supported

The Young Women's Group meets weekly and allows young women an opportunity to socialize with other young women, share their stories, have a snack and take part in art projects. Occasionally there are guest speakers who address topics of interest to the young women.

The group offers a confidential environment that allows for growth and empowerment while working towards a sense of emotional well-being. It is a great place to get to know other young women, share a story and a laugh.

The group is facilitated by Cary Main from DAYA Counselling and Dana Walters from Youth Opportunities Unlimited. The group meets every Tuesday from 3:15 to 4:15 pm in the meeting room, lower level, 141 Dundas St.



For more information contact Dana Walters: 519.432.1112 x 298

## FUN Tips and Resources!!

### LOOKING FOR A PART TIME JOB? STARTING YOUR CAREER? NOT SURE WHERE TO BEGIN?

If you are unsure what to do after you finish school, you are not alone! There are many excellent career exploration websites to help you online such as [www.jobfutures.ca](http://www.jobfutures.ca). Be sure to first do the 'Know Yourself' quiz which helps you consider possible career and job opportunities. It's also quick and easy.

Another good site is the Career Possibilities workshop offered through Youth Opportunities Unlimited and WIL Employment Connections ([www.wil.ca](http://www.wil.ca)) – This site is an interactive workshop with ideas, information and support. For fun ideas and last-minute tips check out [www.youthconnect.ca](http://www.youthconnect.ca)

### DO YOU HAVE A JOB INTERVIEW SOON?

Remember that how you act and what you wear is just as important as what you say. Be prepared. Sign up for an interview workshop at Youth Opportunities Unlimited.

### IS YOUR RESUMÉ THE BEST IT CAN BE?

Most employers take only seven to 15 seconds to assess a resumé the first time they see it. Based on that first brief impression, employers decide if your resumé is worth further consideration. To ensure your resumé receives more than a brief glance, a YOU staff member at the

Job Search Resource Centre to review your resumé. The staff will provide excellent advice on how to best market your skills and experience and how to update the look of your resumé.

### DO YOU NEED VOLUNTEER HOURS?

Pillar Nonprofit Network is a great resource which posts current volunteer opportunities at [www.pillarv.com](http://www.pillarv.com)

### WORK FOR YOURSELF THIS SUMMER

The Small Business Centre has an excellent program, with financial incentives, for students interested in starting their own business during the summer months. For complete information see [www.sbcentre.ca](http://www.sbcentre.ca)

### INTERESTED IN AN APPRENTICESHIP?

Check out this local, interactive and informative site: [www.theapprenticeshipnetwork.com](http://www.theapprenticeshipnetwork.com) The site will help you make informed decisions by providing you with useful information and guidance. It can be the starting point for an apprenticeship.

### HOW TO KEEP THE JOB YOU LAND

Be on time all the time. Show interest in the job. Take initiative. Be a team player. Be positive and be willing to learn. For more information on how to make a great impression at work see [www.nextsteps.org](http://www.nextsteps.org) Look under the section Career Maintenance.

