



The Job Shop offers FREE job search assistance to unemployed Canadians. Part-time workers may also be eligible.

EI Benefits for Self-Employed!

It's official! Self-employed Canadians will be able to access Employment Insurance (EI) special benefits beginning in January 2011. The four types of EI special benefits are:

- maternity benefits
- parental benefits
- sickness benefits
- compassionate care benefits

You may be eligible to access EI special benefits beginning in January 2011 if you:

- are a self-employed person
- are a Canadian citizen or a permanent resident of Canada
- have entered into an agreement with the Canada Employment Insurance Commission through Service Canada

As a self-employed person, you will be able to enter into an agreement with the Commission through Service Canada starting on January 31, 2010.

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Vintage Advantage Teaches Skills to Last a Lifetime

Patricia has just launched a new business thanks to the support of the Vintage Advantage program. She attended the program for mature job seekers last September to November 2009, and is now announcing her business to the public through press releases, business cards and a website. "Caring for You Today" intends to support seniors in their homes.

When Patricia began the Vintage Advantage program, she wasn't thinking about starting another business. She had operated and then sold a cleaning business that hired single mothers who needed support to transition from income assistance to employment. After moving to the Comox Valley, she decided to look for work and became discouraged. "Things happen in life," says Patricia. "You never think you will be in a position of 'What am I doing to do now?'"

The personal assessments offered in the Vintage Advantage program opened her eyes to how much her



self-doubt was affecting her. "A lot of us in the program didn't have proper resumes or current interview skills," she says. As the skills training continued, she says, "It was
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Computer Corner

Overcome Computer Avoidance

Do you rationalize not learning how to use a computer? Are you an outdoors person who thinks you can get by without using a computer because you work outside? Or are you a trades person who thinks you are trained to use only hand tools? If so, you need to overcome computer avoidance to get and stay employed. Avoiding computers will just make you less employable over time and more frustrated. The following is a sample of a growing number of professions that require computer skills:

Musicians
 Music teachers
 Musical conductors
 Dancers
 Dancing instructors
 Janitors
 Housekeepers / Servants
 Masons
 Welders
 Parking attendants
 Electricians
 Vehicle mechanics
 Chauffeurs / Drivers
 Day care teachers / Babysitters
 Machine operators / Machinists
 Physical education teachers
 Martial arts instructors
 Massage therapists

Nutritionists / Dieticians
 Carpenters
 Clergy / Preachers
 Air-con technicians
 TV repair persons
 General practitioners
 Filing clerks
 Security officers
 Bartenders
 Rangers
 Waiters / Waitresses
 Chefs
 Air Hostesses / Stewards
 Infantrymen
 Artillerymen
 Beauty therapists
 Store assistants
 Oil-painting artists

The Job Shop offers two basic computer workshops to help you gain more confidence using computer technology for your job search. Past participants have commented:

“No pressure, helpful and patient assistance. I am less intimidated by computers.”

“The instructor was great and patient.”

“Relaxed atmosphere.”

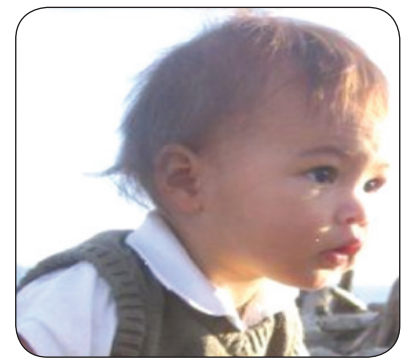
“Working with people with some problems similar to mine made it more comfortable.” ■

EI Benefits

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To do this, you must register on the Internet, available at a Service Canada Centre near you. By entering into this agreement, you will confirm your interest in participating in this measure and in paying EI premiums on your self-employment income. For more information, go to: www.servicecanada.gc.ca/eng/sc/ei/self_employed_workers.shtml. ■

Thanks for Your Support



The two-year-old son of Job Shop staff member Andrew was recently diagnosed with leukemia. Andrew's family must stay in Vancouver while his son Gabriel receives treatment for six months. The Job Shop is grateful for the generous contributions of the following in support of this family's basic needs:

Canadian Fertility Consultants
Courtenay White Spot
Courtenay Safeway
Courtenay Starbucks



Creative Employment Access Society is a proud recipient of the 2008 WorkLife BC Award of Merit. WorkLife BC is sponsored by the Ministry of Children and Family Development to recognize BC employers who have developed workplaces that support their employees to balance commitments to work and family.

Community Links

Protect your Mental Health

Searching for a job

can be a journey of highs and lows. Discovering new opportunities can recharge you to stay positive. Not being selected for an interview or not being hired, time after time, can become discouraging. These ups and downs are common during job searching. But if you find yourself chronically depressed and anxious to the degree that you are unable to look for work, and your moods are affecting your personal relationships, then perhaps the services of a mental health professional would be helpful.

The Comox Valley Mental Health and Addictions Services assist those who have moderate to severe and persistent mental health disorders (there is also a separate addictions service). The service assesses your mental health and will refer to other services if necessary. Modes of treatment include individual and group therapies. All services are voluntary. The centre is not the first responder for crises, so if you need urgent care, it's best to contact the crisis line at 250-334-2455, or go directly to the emergency department at St Joseph's General Hospital.

If you would like to learn more about mental health issues, you may be interested in attending the



Call 250-331-8524 to register for the Wednesday evening Education Series.

free Comox Valley Mental Health and Addictions Services Education Series. The public is invited to attend any number of classes. Registration is required. Call 250-331-8524 to register or register at the centre.

Classes take place on Wednesdays from 6:30 – 8 pm at the Comox Valley Mental Health and Addiction office located at 941 C England Avenue, Courtenay.

Please note: For registration, a small amount of personal information will be requested, which will be kept strictly confidential. Also, the centre is a scent-free facility. ■

Mental Health & Wellness Evening Education Series: March and April 2010

March 10: Communication Skills and Assertiveness 101

March 17: What's the Problem with Anger?

March 24: Self-Esteem

March 31: Beyond the Blues: Depression and Low Mood

April 7: Understanding Stress and Anxiety

April 14: (NEW!) Co-occurring Mental Health and Substance Misuse



The Job Shop is a member of the Safe Harbour program. Any place showing the Safe Harbour decal will treat you with respect and provide safety, such as a space to rest and use of a telephone.

True or False: The first computer was designed in 1952.

False: The first computer was designed in 1822 by Charles Babbage, a British mathematician. Called the "difference machine," it wasn't actually built until 1991.

BOOK REVIEW: The 4-Hour Work Week

If you are ready to challenge your assumptions about work and redefine what a job means to you, then you might enjoy reading *The 4-Hour Work Week* by Tim Ferriss. Many of us believe that we must work hard to get a job and keep a job to save enough to enjoy life after we retire. This book provides inspiration and strategies to enjoy life now by working less at what you love to do.

If your goal is to start your own business, this book explains how to make the most of social media and web tools on the Internet to advertise, work from a home office, and vacation travel while you work.

If you want to make a change in your working life, but don't know how, read the chapter "System Reset." "Dreamlining," the author explains, is a type of dreaming that includes researching how much your dream will cost and the first

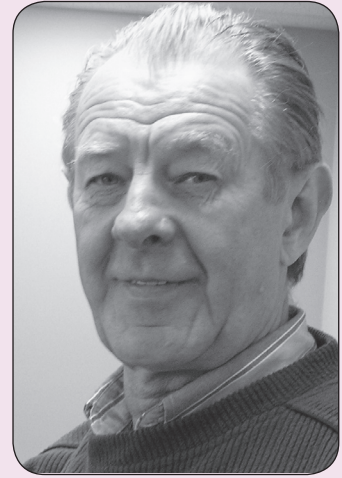
three steps to make it happen. With such a plan in place, you need only take action.

If you are not interested in restyling your workweek, but are keen to improve your work/life balance, consider these tips to save time:

- Check email only a few key times per day instead of every time your mind wanders; this habit will reduce distractions and improve your productivity.
- Another form of "cultivating selective ignorance" is going on the "low information diet." "Most information is time-consuming, negative, irrelevant to your goals, and outside of your influence," says the author. To replace an overload of information calories, do "results-oriented" reading instead, that is, reading that focuses on what you need to know.

This popular book is available in The Job Shop Resource Centre Library. ■

In Memory of Stäsh



Long-time Job Shop Career Advisor Stäsh died recently. He had retired from working in the Courtenay Job Shop, but continued offering Job Shop services for several years on Hornby Island, where he lived. Stäsh will be remembered for his caring nature and ability to enjoy life to the fullest.

Vintage Advantage

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great to see all of us growing together, watching people evaluate themselves, getting skills, jobs and starting businesses."

Patricia had to do research to qualify for small business training. She discovered a growing population of seniors needing

a variety of supports. Now as she prepares to advertise, she reminds herself to stay strong, stay focused, and use all the personal support tools she learned in Vintage Advantage for herself. "I know these things will be with me for the rest of my life."

The next session of Vintage Advantage will begin in April 2010.

Look for notices in the local newspapers and at The Job Shop announcing the upcoming information session and how to apply for the program. ■

"It was great to see all of us growing together . . . getting skills, jobs and starting businesses."



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