

May 2020 Newsletter

Opportunity Place is a Nova Scotia Works Employment Services Centre. We are here to help you with career planning, job searching and on-the-job support at your convenience.

Our team can introduce you to a variety of programs and services that will help you achieve your career goals. We also work with Nova Scotia's employers to assist with recruitment, planning and Human Resources support.



COVID-19 UPDATE FROM NOVA SCOTIA WORKS

We had hoped to open our offices to the public for the week of May 4th. Unfortunately, in following the Nova Scotia Health Authority information and guidelines, we will not be offering in-person services until it is safe to do so for both our staff and community. We will continue to follow the recommendations of the Department of Health and keep you informed.

However, it's important for you to know that during this time of uncertainty, **we are still here for you.**

We may not be offering in-person services, but we are open for business and we will continue to support you through a number of options. We continue to check our messages and emails regularly and you can also reach us on social media. We will be posting updates, job opportunities, COVID-19 info and ways to manage your well-being during this difficult time.

"Working together we will weather this public health crisis with resilience and compassion for each other."

Virtual employment services remain available to Nova Scotia job seekers & employers

contact us today



Hours of Operation

Monday to Friday
8:30-4:30

Saturday to Sunday
Closed

Mailing Address

108 Cobequid Road, Suite 100
Lower Sackville, NS B4C 2N2

Reach us at

902-864-7520

staff@opportunityplace.ca



Opportunity Place - Nova Scotia Works



@OPRCNS



Opportunity Place - Nova Scotia Works

Virtual Workshops

**We are pleased to announce
our new virtual workshops!**

These one-hour sessions will be delivered through an online channel (Zoom or Microsoft Teams). Participants will require Internet access.



For more details and to register, please email us at staff@opportunityplace.ca or call (902) 864-7520 providing your name and contact information.

RÉSUMÉS

You've got skills! Learn how to prepare a résumé that shows employers you are the ideal candidate for the job.

In this workshop, we guide you through identifying your skills and choosing the best type of résumé to show employers you've got what they're looking for.

Interested? Email staff@opportunityplace.ca

COVER LETTERS



An effective cover letter can help you stand out from the crowd!

In this workshop, we review the importance of using a cover letter to apply for advertised and unadvertised positions. We guide you through reading job postings to determine what the employer is looking for and how to target your cover letter and résumé to the job.

For more information, email staff@opportunityplace.ca



**KEEP CALM
AND
ATTEND
THIS
WORKSHOP**

SO, YOU HAVE AN INTERVIEW...

Don't despair. Prepare!

In this workshop, we provide tips on how to prepare for an interview so you're ready to shine. We review the purpose and types of interviews, what employers expect, and how to manage and close the interview.

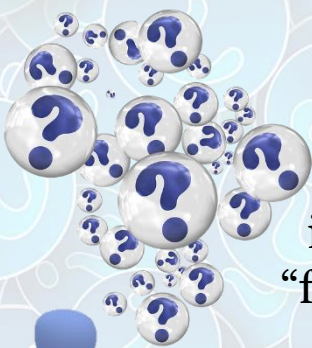
Interested? Email staff@opportunityplace.ca



INTERVIEWS WITH IMPACT

Practice makes perfect!

This workshop covers common interview questions, including the “five toughies”. We review employer expectations and brainstorm effective responses to conventional, situational, and behavioural questions to help you answer with confidence.



Email staff@opportunityplace.ca for more information.

DISABILITY IN THE WORKPLACE

To disclose or not to disclose?

Explore disability, human rights in the workplace, and things to consider when deciding whether, when, and how to disclose your disability to an employer.

Learn about requesting reasonable accommodations to get the tools you need to succeed.

Interested? Email staff@opportunityplace.ca





Canada's COVID-19 Economic Response Plan

The Government of Canada is taking immediate, significant and decisive action to help Canadians facing hardship as a result of the COVID-19 outbreak. For information on supports for individuals, businesses and industries, please refer to

<https://www.canada.ca/en/departement-finance/economic-response-plan.html>

COVID-19 Information and Supports for Nova Scotians

Up-to-date information about COVID-19 and the supports available in Nova Scotia can be found at <https://novascotia.ca/coronavirus/>.

Income Assistance

A new extended hours phone line has been set up for people seeking information on income assistance eligibility from the Department of Community Services. If you have questions about eligibility for income assistance, call:

Monday to Friday 8:30am to 4:30pm - 1-877-424-1177

Monday to Friday 4:30pm to 7pm - 1-833-722-1417

Saturday 8:30am to 4:30pm

Sunday 10am to 2pm

COVID-19 – Employment and Social Development Canada

For information and updates about COVID-19 in the workplace, changes to Service Canada Centres, and programs such as Employment Insurance (EI), please refer to

<https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>.

Service Canada continues to provide critical services online and through our call centres during these extraordinary times, including a number of new virtual “e-services”. Please find additional information below.

SERVICES AND PROGRAMS

E-ServiceCanada **NEW**

Canadians can continue to access personalized assistance with Employment Insurance, Canada Pension Plan, Old Age Security and Urgent Travel Needs Passport applications online by completing an online E-ServiceCanada request form. Clients who complete the online E-ServiceCanada request form will be contacted by telephone by a Citizen Services Officer within two (2) business days. Community organizations that have identified issues with internet connectivity have been contacted to provide access to the service for all Indigenous communities and other vulnerable populations that require support, including seniors and people with disabilities.

 Canada.ca/service-canada-e-service


Canada Emergency Response Benefit (CERB) **NEW**

CERB is available to individuals residing in Canada who are at least 15 years old; who have stopped working because of COVID-19 and have not voluntarily quit their job or are eligible for EI regular or sickness benefits; who had income of at least \$5,000 in 2019 or in the 12 months prior to the date of their application; and, who are or expect to be without employment or self-employment income for at least 14 consecutive days in the initial four-week period and for subsequent benefit periods, they expect to have no employment or self-employment income. For Canadians who have stopped working because of COVID-19, the Canada Emergency Response Benefit (CERB) may provide temporary income support. The CERB provides \$500 a week for up to 16 weeks.

Canada Emergency Response Benefit (CERB) for Self-Employed Workers **NEW**

The CERB for Self-Employed Workers will provide a taxable benefit to self-employed workers who have lost their income due to COVID-19. It provides a payment of \$2,000 for a 4-week period (the same as \$500 a week) for up to 16 weeks.

 Canada.ca/en/services/benefits/ei/cerb-application.html

 **Automated Application Line: 1-800-959-2019 or 1-800-959-2014**


CERB Helpline: 1-833-966-2099

Urgent Travel Needs Passport **NEW**

Canadians with urgent travel needs may obtain passport services if they:


- Have a serious illness, or must tend to the serious illness or death of another individual they have had a relationship with.
- Suffer from economic hardships due to loss of job or business (the cost of an airline, bus or train ticket does not constitute economic hardship); or
- Must travel for humanitarian grounds, supported by the requesting organization.


 Canada.ca/service-canada-e-service

 **1-800-567-6868**

E-Social Insurance Number (E-SIN) Online Applications **NEW**

Urgent applications for Social Insurance Numbers may now be processed online or by mail.

 Canada.ca/en/employment-social-development/corporate/notices/coronavirus.html#social-insurance

 **1-866-274-6627**

My Service Canada Account

Creating a My Service Canada Account provides convenient and secure access to view and update your programs and benefits information online.

Register or access now at: Canada.ca/my-service-canada-account

Employment Insurance (EI) Sickness Benefit

Employment Insurance (EI) sickness benefits can provide claimants with up to 15 weeks of financial assistance if they cannot work for medical reasons. Claimants could receive 55% of their earnings up to a maximum of \$573 a week.

They must get a medical certificate to show that they are unable to work for medical reasons. Medical reasons include illness, injury, quarantine or any medical condition that prevents an individual from working.

🌐 Canada.ca/EI

☎ 1-800-206-7218

Employment Insurance (EI) Sickness Benefit Due to Quarantine **NEW**

Service Canada is supporting Canadians affected by COVID-19 and placed in quarantine, with the following support actions:

- The one-week waiting period for Employment Insurance (EI) Sickness Benefit will be waived for new claimants who are quarantined so they can be paid for the first week of their claim
- Establishing a new dedicated toll-free phone number to support enquiries related to waiving the EI Sickness Benefit waiting period
- People claiming EI Sickness Benefit Due to Quarantine will not have to provide a medical certificate
- People who cannot complete their claim for EI Sickness Benefit Due to Quarantine may apply later and have their EI claim backdated to cover the period of delay

🌐 Canada.ca/EI

☎ 1-833-381-2725

TTY 1-800-529-3742

Employment Insurance (EI) Benefit

EI Benefits provide up to 15 weeks of income replacement and is available to eligible claimants who are unable to work because of illness, injury or quarantine, to allow them time to restore their health and return to work. Canadians quarantined can apply for EI sickness benefits.

🌐 Canada.ca/EI

☎ 1-800-206-7218

TTY 1-800-529-3742

Work-Sharing

Work-Sharing is an agreement between employers, employees, and Service Canada to avoid layoffs through lower than average business periods. Employees work a reduced schedule and share the available work over a specified period of time.

🌐 Canada.ca/en/employment-social-development/services/work-sharing.html

Skills, Training And Employment Supports

Employment Assistance and Training

The Government of Canada invests in the Labour Market Transfer Agreements with provinces and territories so they can support Canadians.

🌐 Canada.ca/en/employment-social-development/programs/training-agreements/lmda

Apprenticeship, Grants and Loans

The Government of Canada provides a range of supports to help apprentices complete their training. These include apprenticeship grants, loans, tax credits and Employment Insurance (EI) benefits during in-school training.

🌐 Canada.ca/apprentice

☎ 1-866-742-3644

Jobs And Career Exploration

Job Bank

Job Bank offers an online listing of job postings from across Canada, job alerts, labour market information, career exploration and resume building.

🌐 Jobbank.gc.ca

☎ 1-800-O-Canada (1-800-622-6232)

Labour Market Information

Learn more about an occupation you are interested in including: wages, outlooks, education and skills needed.

🌐 [Jobbank.gc.ca/trend-analysis](https://jobbank.gc.ca/trend-analysis)

Job Alerts

Job Alerts is a free email service that notifies you of new job postings up to twice a day.

🌐 [Jobbank.gc.ca/jobsearch/jobalertregistration](https://jobbank.gc.ca/jobsearch/jobalertregistration)

☎ 1-800-O-Canada (1-800-622-6232)

Pensions

Canada Pension Plan Retirement Benefits (CPP) and Disability Benefits (CPP-D)

CPP provides a monthly retirement benefit to eligible applicants. CPP-D provides disability benefits to eligible applicants who are disabled and cannot work at any job on a regular basis. Benefits may also be available to their dependent children.

🌐 Canada.ca/CPP

@ ESDC.ON.COVID19.ON.EDSC@servicecanada.gc.ca

☎ 1-800-277-9914 TTY 1-800-255-4786

Old Age Security (OAS) and Guaranteed Income Supplement (GIS)

OAS is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements. GIS provides a monthly non-taxable benefit to OAS pension recipients who have a low income and are living in Canada.

🌐 Canada.ca/OAS

@ ESDC.ON.COVID19.ON.EDSC@servicecanada.gc.ca

☎ 1-800-277-9914 TTY 1-800-255-4786

Persons With Disabilities

Opportunities Fund for Persons with Disabilities (OF)

Through funding organizations, the OF helps people with disabilities to prepare for, obtain and maintain employment, thereby increasing their economic independence and participation in the labour force.

🌐 Canada.ca/en/employment-social-development/services/funding/disability-opportunity

☎ 1-800-O-Canada (1-800-622-6232)

Indigenous

Indigenous Skills and Employment Training Strategy (ISETS)

ISETS links Indigenous Canadians looking to find a new job or upgrade their skills with training that meets labour market demands.

🌐 Canada.ca/en/employment-social-development/programs/indigenous-skills-employment-training

☎ 1-800-O-Canada (1-800-622-6232)

Youth

Youth Employment and Skills Strategy

The Youth Employment and Skills Strategy helps young Canadians between the ages of 15 and 30 to get the information and gain the skills, job experience and abilities they need to make a successful transition to the workforce.

🌐 Canada.ca/en/services/youth

☎ 1-800-935-5555

More Information

For a comprehensive list of Service Canada programs and services, please visit:

🌐 Canada.ca/ESDC

☎ 1-800-O-Canada (1 800 622-6232)

TTY: 1-800-926-9105



Canadian Mental
Health Association
Mental health for all



years of
community

Get ready to
get loud and

#GetReal



CMHA

Mental Health Week

May 4-10, 2020

We say we're fine, even when the truth is we're ecstatic, exhausted, grateful. Or even freaking out. Every time we just go through the motions, we miss out on the chance to connect for real. In times of crisis we need each other more than ever.

**Connecting doesn't just feel good—
it's good for our mental health.**

Visit mentalhealthweek.ca for info and tools!

SOCIAL DISTANCING BEST PRACTICES

STAY HOME

WASH YOUR HANDS OFTEN

KEEP 2 METRES/6 FEET AWAY FROM OTHERS

STAY CONNECTED

- Call, text or video chat with loved ones.
- Follow credible sources for updated information.

SELF-ISOLATING?

- Don't leave your property for 14 days.
- Contact family, friends or delivery service to get what you need.

GROCERIES & ESSENTIALS:

- If possible, designate one person in each household to get groceries & essential items and only shop once per week.
- Offer to pick up items for vulnerable neighbours and those who are self-isolating.
- When shopping, keep 2 metres/6 feet away from others.

GATHERINGS:

- Don't gather with anyone you don't live with.
- If you have to gather for work, practice social distancing.

EXERCISE:

- Walk, run, bike for health, not to socialize and not in groups.
- Stay in your home or neighbourhood and keep 2 metres/6 feet away from others.

novascotia.ca/coronavirus



The Opportunity Place (OPRA) Board of Directors is committed to respecting, fostering, and supporting diversity and inclusion at Opportunity Place within its leadership and governance.

Opportunity Place is sponsored by the Opportunity Place Resource Association (OPRA) -- a volunteer, not-for-profit association. OPRA believes that respect must be demonstrated by its leadership. Diverse and inclusive perspectives in decision-making produce better decisions.

An organization which reflects the diversity of the many networks, groups, and communities within a framework of respect, equity, sensitivity, and competency in all aspects will be more effective in serving and working within those communities.

Opportunity Place is funded through the Canada-Nova Scotia Labour Market Development Agreement under the direction of Employment Nova Scotia.

