



Newcomer Services

*A program of
Catholic Family Services*

Anyone is welcome.

Open Hearts

Open Minds

Open Doors

Newcomer Services

2222 13th Ave – 3rd Floor
Regina, SK S4P 3M7
Phone: 306-525-0039
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newcomerservices@cfsregina.ca
www.cfsregina.ca

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Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



The Newcomer Career Centre

provides programs tailored to meet the needs of Newcomers ready to enter the workforce.

Services include:

- Development of a career action plan
- Personality assessment tools
- Cover letter & resume development
- Job search strategies
- Job coaching
- One-on-one career counselling
- Interview practice

Eligible clients are Permanent Residents of Canada and other Protected Persons.

Please contact our office for more information on program eligibility. No referral is necessary.

Walk-ins are welcome.



Youth Link

(ages 15 - 18)

Students will receive instruction on a number of topics that will prepare the youth for employment even while attending school.

Youth Link

(ages 18 - 25)

Participants receive ongoing career counselling support and/or job coaching and follow-up for a period of up to six months post-employment.



Employment Training & Labour Market Integration

(adults 25 & older)

Participants receive ongoing career counselling support and/or job coaching and follow-up for a period of up to six months post-employment.



Topics covered in our programs include:

- ✓ Are you ready to work?
- ✓ Canadian Workplace Culture
- ✓ How to market yourself with little to no education
- ✓ Young Worker Readiness Certificate & regulations (ages 16 & under)
- ✓ Workplace safety
- ✓ Ongoing support & guidance from a career counsellor
- ✓ Employment language & vocabulary
- ✓ Using technology to job search
- ✓ Dealing with trauma/psychological barriers
- ✓ Adapting to the Canadian labour market
- ✓ Employability, essential and inter-personal skills