



EMPLOYMENT JOURNEY

TRADITIONAL EMPLOYMENT

You will receive help to develop an individualized employment plan to assist in attaining and retaining your employment. Get the support you need to navigate the employment market.

SELF-EMPLOYMENT

Supporting you in growing your business idea and advancing to the next steps in joining the self-employment sector. With one-on-one coaching, Start Me Up Niagara's Work Action Centre offers a wealth of knowledge in the self-employment arena throughout the Niagara Region.

LIFE STABILIZATION

Providing you with our “Circle of Support” means we have a growing network of service referrals to ensure all your needs are met.

Finding employment is only part of your journey. We aim to connect you with the services that will improve your career path.

OUR SERVICES

The **Work Action Centre** is a place where individuals living with disabilities or barriers to employment in Niagara, can **dream big, start small and grow!**

- ▶ Employment readiness workshop and coaching sessions.
- ▶ Résumé help and additional training for skills enhancement to help you obtain the foundation you need.
- ▶ Interview skills to build your confidence and employer supports while on the job.
- ▶ Access to our computer lab to advance your abilities.
- ▶ Self-Employment services available to assist you to start and run a business.

Offering:

- Business coaching
- Mentoring/interview prep
- Business plan review
- Financing information
- Product development
- Marketing plans
- Navigating social media tools
- Referrals

CONTACT US

Work Action Centre

211 Church St.
St. Catharines, ON
L2R 3E8

289-438-3939

employment@startmeupniagara.ca
www.startmeupniagara.ca



@theworkactioncentre



@startmeupniagara



905-984-5310



We are supported through FedCap Canada and the Ministry of Labour, Immigration, Training and Skills Development (MLITSD)

YOUR PATHWAY TO EMPLOYMENT



Helping job seekers with barriers, find jobs that fit and support that lasts.

Learn about our employment services to develop your skills and build success.

289-438-3939