

Let's Work provides Employment Counselling services with a trauma-informed approach that is person-centered & strengths-based. Individuals who access Let's Work services are considered "work-force ready"; and will develop an Employment Action Plan focusing on career decision making, skills enhancement, job search & employment maintenance support from our team of Employment Counsellors. We are supervised by Capital Region Mental Health and Addictions Association (CRMHAA) and members of the avenueNB Cooperative.

Let's Work is a program that provides Employment Counselling services to adults whose mental health presents as a barrier in seeking and maintaining employment.

Contact Us

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LET'S WORK
Capital Region Mental Health & Addictions Association

Let's Work helps those experiencing mental health barriers to gain and maintain employment in the Fredericton area.



CAPITAL REGION
MENTAL HEALTH & ADDICTIONS

Administrative supervision of the program is provided by Capital Region Mental Health & Addictions. Monthly reports are submitted to the Board of Directors

COOPÉRATIVE
avenueNB
COOPÉRATIVE

New Brunswick
Brunswick
CANADA

Funded by the Government of Canada and the Province of New Brunswick through the Canada/New Brunswick Labour Market Agreement

Target Population

Individuals who reside in the area (Fredericton, Oromocto and surrounding area) and who are experiencing:

- mental health barriers or diagnoses
- challenges entering the job market through existing services and resources
- overwhelm finding suitable employment in current job market
- need of skills upgrading
- navigating a stated employment goal
- need for support to maintain employment

Referrals

Individuals, aged 17 or older, are referred for assessment to participate in the program by:

- a) Mental Health & Addictions Fredericton - case managers, psychiatrists, psychologists, therapists
- b) Post Secondary, Education, Training and Labour - case managers
- c) Social Development - Case Managers
- d) Other employment assistance service providers
- e) Community Social Workers
- f) many Community members.

**Individuals can discuss self-referrals by emailing or calling
Let's Work at (506) 206-0130.**

Objectives

- To explore with participants their interests, aptitudes, skill strengths and barriers in order to facilitate the development of an employment goal.
- To assist participants in accessing existing vocational and educational resources within the Fredericton area.
- To enable participants to obtain necessary job-related skills in preparation for the competitive employment market.
- To facilitate the appropriate matching of participants needs and abilities with community-based employment opportunities.
- To provide participants and employers with a dependable system for the delivery of ongoing support and follow-up.

Activities

Pre-Employment Services

- a) Assessment of the participants abilities and aptitudes through an exploration of their education and work history.
- b) Clarification of the participant's employment goal and the steps required to achieve this goal.
- c) Skills teaching as required in areas such as interview skills, workplace skills, etc.

- d) Assistance in resume preparation and job applications.
- e) Referral to a relevant program to seek funding for participants who need further training in either general or specific areas.

Employment Search and Job Development

- a) Identifying job market opportunities and assisting the search for employment.
- b) Creating liaisons with various government departments and accessing funding and job creation programs on behalf of the clientele.
- c) Educating potential employers about mental health barriers and presenting the strengths of potential employees
- d) Maintaining a data base of past, present and prospective employers and employment situations including task analysis.

Employment Maintenance Services

- a) Assisting employees in making adjustments to re-entering the work force, discussing disclosure & possible accommodations.
- b) Providing monitoring and follow up support to the employee, and for the employer if needed; for successful & beneficial employment experiences for all.

