

Moving from unemployment to a brighter future

by Patricia Roy

Youth Works

“Two Youth Outreach Workers help youth ages 15 to 30 in rural areas from Crapaud to Tignish take steps toward reaching employment and career goals.

Lacey MacDonald meets with clients at the East Prince Youth Development Centre (EPYDC) in Summerside. Sabrina Milligan works out of the Alberton Employment Resources Centre. Both Outreach Workers are willing to meet with youth at another public location if transportation is an issue.

In Prince County, Youth Outreach Workers operate through the Youth Works program, sponsored by the East Prince Youth Development Centre in Summerside. Since 2005, close to 300 youth have participated in the program in East and West Prince.

Connecting to resources

“Young people sometimes don’t know where to get help,” says Lacey. “Youth Outreach Workers help youth return to school to continue with academics, further their education through post-secondary options, or find employment. We also help clients who may have addiction or mental health issues. We can refer them to Addiction Services or Canadian Mental Health.”

Seeing the potential

“Once a person is back in school, they can see the benefits of having a higher education,” says Lacey. “Often they will begin to consider a college or university program.

“We do not counsell youth, but we do provide them with any information they need. EPYDC and YouthWorks also offer workshops about topics such as writing résumés or credit counselling.

“My advice to young people is to find out what resources are out there. Ask around, especially in your circle of friends and relatives. Don’t be scared to ask.”

Barriers to employment

Youth are faced with barriers they find hard to combat on their own. The Youth Works program addresses barriers such as:

- lack of education and job experience
- limited job opportunities in rural settings
- transportation issues



Youth Outreach Workers
(Left) West Prince, Sabrina Milligan: 214-0222
East Prince, Lacey MacDonald: 439-4449

For more information about the **Youth Outreach Program** in Prince County, contact **Lila MacIsaac-Buchanan** at 436-2815 or e-mail epydc@epydc.org

Visit the website at www.epydc.org and click on Youth Works

The Youth Works Program in Prince County is sponsored by the East Prince Youth Development Centre and funded by the Government of Canada’s Youth Employment Strategy.

Youth Program offers employment skills

by Stella Shepard

Job Exposure

The **Kings County Job Shadow program** offers life, social and employment skills training to help participants identify the obstacles in life which may be holding them back from their employment goals.

The participants, who are between the ages of 15 and 30 and out of school, are exposed to career options. They gain life, social and employment skills through eleven weeks of in-house training. A nine-week work placement helps them gain first-hand knowledge of the daily routine of various job choices.

Ten participants have recently started with the program, which is located at the Fire Hall in Morell. The program started in January and runs until June.

Krystal Banks Jamieson is the Acting Coordinator of the **Morell Region Community Learning Centre Inc.** She says the Job Shadow program, in its tenth intake of participants, has been very successful in assisting youth to develop employability skills.



The Kings County Job Shadow Program staff include Tracey Kickham (left) Facilitator, and Lynda Smith, Assistant Facilitator.

“We have had great feedback from participating employers,” says Krystal. “Some youth were able to secure full-time employment, in some cases with the employer they were paired with during the program.”

Steps towards employment

“We invite guest speakers to talk about their various services and how to access them,” says **Tracey Kickham**, Facilitator. “Familiarizing participants with community resources and showing them how to access the resources is a major part of the program.”

Participants develop the following:

- social skills
- job search techniques
- employability skills
- self-confidence
- goals
- résumés
- plans for post-secondary education
- conflict resolution
- First Aid and CPR techniques

“Participants also take part in a team building and leadership workshop,” says Tracey. “This experience helps youth to build the confidence to search for meaningful employment.”

For more information, contact **Tracey Kickham** or **Lynda Smith** at 739-3330.

Krystal Banks Jamieson can be reached at 961-2642 or mrccl@eastlink.ca.

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