

# Your Second Career starts here.

**LAID OFF?** Counsellors at Employment Ontario assessment centres across the province can help you take the first step.

Take the following steps to a second career – through Second Career, the Ontario government program that helps you train for a new job.

- ✓ Visit an Employment Ontario assessment centre and learn how we can help.
- ✓ Talk to a counsellor about your experience, skills and interests. Explore the options that may be right for you. Together you can develop a personal plan to return to work.
- ✓ Choose a new career with good job prospects.
- ✓ Choose a training course from a community college or a private career college.
- ✓ Prepare and submit an application for financial assistance from Second Career. Your counsellor can help!
- ✓ Receive approval for your Second Career assistance from the Ontario government. Sign an agreement for support and begin your training.
- ✓ Complete your training – thanks to support from Second Career.
- ✓ Find a new job and start your new career!



Employment Ontario assessment centre counsellors will help you every step of the way. Ask a counsellor to find out if you're eligible to participate in Second Career or other Employment Ontario programs and services.

To learn more and to find the centre nearest you, call the toll-free Employment Ontario hotline at **1-800-387-5656**, or, for the hearing impaired **1-866-768-1157**.

You can also go online to visit [www.ontario.ca/secondcareer](http://www.ontario.ca/secondcareer)