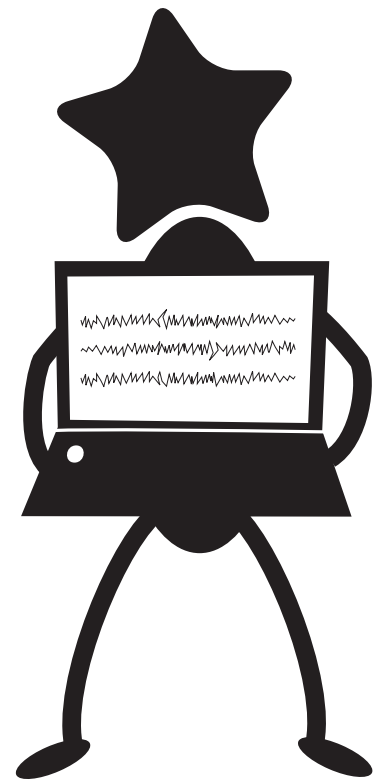


Top 10 Things You Should Know About...

CONNECTING WITH YOUR COMMUNITY

1. There are services in your community to help you with just about any problem you can think of or encounter. You may be surprised about what supports are available!
2. Many of these services are listed in community resource directories. Ask if your JobWave Centre has one for your community, or go to: <http://www.vcn.bc.ca/isv/bcdir97.htm>.
3. Most of the organizations listed in the directories have websites where you can search for more information.
4. Access the Service Canada site for information on federal supports at: <http://www.servicecanada.gc.ca/en/home.shtml>. You can also call 1-800-622-6232 (1-800-O-Canada).
5. Provincial services are listed on the Enquiry BC site: http://www.mserr.gov.bc.ca/prgs/enquiry_bc.htm.
You can also call the numbers below:
Victoria: (250) 387-6121
Vancouver: (604) 660-2421
Elsewhere in BC: 1-800-663-7867
6. It's important to connect with others. No matter what you're going through, you don't have to do it alone. Don't be afraid to ask for help!
7. While the internet can be helpful in doing research, connecting with a live person can save you hours of needless searching AND provide you with some solid information.
8. If you are new to Canada, connect with the local multicultural group – most communities have one. It's a great place to make new friends and find out more about your community.

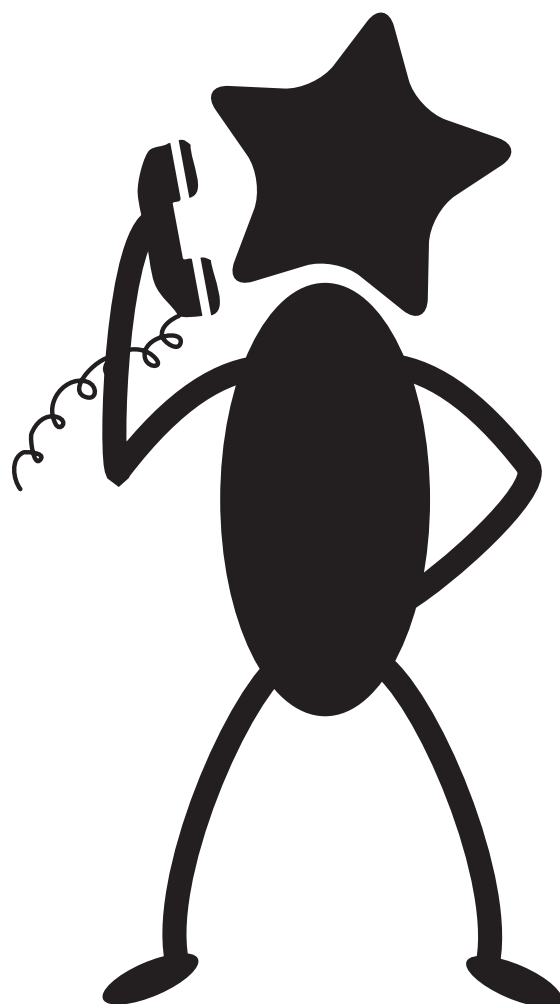


JobWave

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- 9.** Volunteering in your community is another great way to meet new people and learn more about where you live. It can also help you feel needed and take the focus off yourself.
- 10.** Get involved with a group that's committed to something you're interested in. This could be a political, sports or special interest group. Do an internet search using the keyword and your city to find out what groups and organizations are out there!

Whether you're using the services your community offers or volunteering to help others, connecting with local resources is a vital step in your journey towards personal growth and success. Talk to your Case Coordinator about what supports are available to help you get involved.



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