



# FREE CAREER SEEKER RESOURCES

## Job Search & Career Coaching

FREE online and in-person job search assistance with resumes, interviewing, job applications, networking, occupation demand, wage information, or career exploration. Email [careerforce.saintcloud@state.mn.us](mailto:careerforce.saintcloud@state.mn.us)

## Resume Reviews

Two easy options:

1. Email your resume to [kelly.gerads@state.mn.us](mailto:kelly.gerads@state.mn.us). Staff will review your resume and respond within 2-3 business days. OR 2. Call Kelly at 320-441-6567 for an appointment.

## Practice Interviews

Sign up for a practice interview to sharpen your interviewing skills. Our staff will provide you with tips to improve your skills. Call Kelly 320-441-6567 or email [kelly.gerads@state.mn.us](mailto:kelly.gerads@state.mn.us)

## Job Search Workshops

We offer a variety of live and recorded online workshops, including Creative Job Search, Interviewing Skills, Resume Writing, and New Leaf. Website: [www.careerforcemn.com/virtual-interactive-services-career-seekers](http://www.careerforcemn.com/virtual-interactive-services-career-seekers)

## Job Fairs & Hiring Events

Website: [www.careerforcemn.com/events](http://www.careerforcemn.com/events)

**Monthly Hiring Event:** at CareerForce - St. Cloud, 2nd Tuesday of the month, 10 am-12 pm, Email Kelly: [Kelly.gerads@state.mn.us](mailto:Kelly.gerads@state.mn.us)

## Job Club

A weekly networking group that connects you with other job seekers in the community and teaches job search skills. Thursdays, 10:30 am-12 pm. Contact Amy [amy.ehlert@CSJobs.org](mailto:amy.ehlert@CSJobs.org)

## Career Lab

Computers, internet, printers, fax, phone, and an online job bank are available for your job search. Staff can assist with resumes, online job applications, career exploration, and employer research. Open 8 am-4 pm, M-F.

## Unemployment Insurance Benefits

Call 651-296-3644 or visit website: [www.uimn.org](http://www.uimn.org)

## 90-Second Job Seeker Spotlight

Showcase your skills and talent at the Career Solutions monthly Human Resources (HR) Networking Group meeting! Connect with local HR professionals instantly. These meetings are held on the first Wednesday of the month at 8:30 am. Open to the Public. Email Angie to sign up: [angie.dahle@csjobs.org](mailto:angie.dahle@csjobs.org)

## CDL Discovery Days

Learn more about CDL Truck Driving careers in these free 3-hour informational sessions! Website: <https://careersolutionsjobs.org/job-seekers/discovery-days/> Call: 320-308-5320

## Search for Jobs Online

[CareerForce.mn.gov](http://CareerForce.mn.gov)

Search open positions by topic and location. Explore and set your career goals with online assessments and information about wages, demand, and educational requirements for occupations of interest.

## MinnesotaWorks.net

Post your resume on MinnesotaWorks.net to reach thousands of employers. Create up to five unique resumes to customize your career search. Search job openings from verified businesses with advanced job search tools. Receive email notifications of new jobs that match your search criteria.

## Local Labor Market Information

<https://mn.gov/deed/> Research average wages, occupational projections, projected job growth, and education opportunities. Click on Data, Data Tools, Career and Education Explorer, Use the data tool, and input the rest of the info. for your search.

## CareerForce - St. Cloud

1542 Northway Drive, Lot B, Door 2, St. Cloud, MN 56303

Phone: 320-308-5320

Email: [Careerforce.saintcloud@state.mn.us](mailto:Careerforce.saintcloud@state.mn.us)

Career Lab/Reception Hours: 8:00 am-4:00 pm  
Monday-Friday



# ELIGIBILITY BASED PROGRAMS

## **Veterans Services**

Eligible veterans qualify for personalized resume reviews, referrals to other services, and help in identifying and overcoming employment barriers. All veterans qualify for priority of service. [www.careerforcemn.com/veterans-resources](http://www.careerforcemn.com/veterans-resources)

## **Minnesota Assistance Council for Veterans (MACV)**

MACV exists to directly help veterans and their families who are affected by homelessness or those in danger of becoming homeless by assisting with housing and supportive service needs of veterans while maintaining the worth and dignity of all those involved. [www.mac-v.org/](http://www.mac-v.org/) or call 1-833-222-6228

## **Dislocated Worker (DW) Program**

If you are laid off or permanently separated from your job, you may qualify for one of our programs, which could provide job search assistance, short-term training, or support services. [careersolutionsjobs.org/](http://careersolutionsjobs.org/) or call 320-308-5320 or email: [info@csjobs.org](mailto:info@csjobs.org)

## **Adult Program**

Help is offered to individuals 18 and older who are unemployed or underemployed to find meaningful, self-sustaining work. These individuals must meet eligibility guidelines. Services could include career assessments, career counseling, resume writing, work-readiness skills, on-the-job training (OJT), and support services.

[Careersolutionsjobs.org/job-seeker/adult-programs/wioa-adult-programs/](http://Careersolutionsjobs.org/job-seeker/adult-programs/wioa-adult-programs/) or email: [info@csjobs.org](mailto:info@csjobs.org) or call 320-308-5320

## **Minnesota Family Investment Program (MFIP)/ Diversionary Work Programs**

Individuals referred from Benton or Stearns County Human Services find customized employment services to achieve their life and career goals. Our career counselors create plans that are unique to everyone – a holistic approach for unemployed and under-employed men and women struggling to find work or start their careers.

<https://avivomn.org/>

## **Displaced Homemaker Services**

Have you spent much or all of your work life caring for your family and home? Are you returning to the workplace or entering it for the first time? The Displaced Homemaker Services helps people who have worked mainly in the home develop the marketable skills to find and maintain a job.

[careersolutionsjobs.org/job-seekers/adult-programs/displaced-homemaker-program/](http://careersolutionsjobs.org/job-seekers/adult-programs/displaced-homemaker-program/) or email [info@csjobs.org](mailto:info@csjobs.org) or call 320-308-5320

## **Youth & Young Adult Services**

Career Solutions provides Youth programs for youth ages 14-24. Programs are designed to help youth gain skills and self-supportive employment through a wide variety of techniques, including career assessments, skills credentialing, one-to-one career planning, contextual academic enrichment, work/community service projects, resume writing, scholarship and financial aid assistance, and hands-on learning experiences to develop employability and assist youth in transitioning to post-secondary schooling. [careersolutionsjobs.org/](http://careersolutionsjobs.org/) or email: [info@csjobs.org](mailto:info@csjobs.org) or call 320-308-5320

## **State Services for the Blind (SSB)**

SSB facilitates the achievement of vocational and personal independence by Minnesotans who are blind, visually impaired, or Deafblind. Some services include Radio Talking Book, Braille & Audio Transcription, Assistive Technology Resource Center and Services, Workforce Development, Pre-Employment Transition Services & Senior Services. [mn.gov/deed/ssb/](http://mn.gov/deed/ssb/) or call 320-308-4800

## **Vocational Rehabilitation Services (VRS)**

VRS works with people who have disabilities. VRS provides services such as helping job seekers prepare for work, providing employment information, and providing referrals and job-seeking assistance. VRS also provides guidance and assistance to help you keep your job. Call 320-308-2224 or visit [www.careerforcemn.com/disability-resources](http://www.careerforcemn.com/disability-resources)