

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

Resume Reviews

Two easy options:

1. Email your resume to 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

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: <https://careerforce.mn.gov/careerforce-services-overview>

Job Fairs & Hiring Events

Website: <https://careerforce.mn.gov/careerforce-services-overview>

Monthly Hiring Event: at CareerForce - St. Cloud, 2nd Tuesday of the month, 10 am-12 pm, Email Kelly: 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

Career Lab

Computers, the internet, printers, fax, phone, & 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: 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

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

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. Employers use the Post-a-Job platform to have their open positions show up on CareerForce.MN.gov.

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 information 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

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. <https://careerforce.mn.gov/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/ 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/ or call 320-308-5320 or email: 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/ or email: 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 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/ or email 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/ or email: 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/ or call 320-308-4800

Vocational Rehabilitation Services (VRS)

VRS works with people who have disabilities. VRS helps job seekers prepare for work, they provide employment info, referrals, job search assistance and guidance to help people keep their jobs. Call 320-308-2224, Email:

VRS.CustomerService@state.mn.us, OR [Complete and submit this online form](#) and a VRS professional will contact you to assist you in reaching your career goals. Website: <https://careerforce.mn.gov/disability-resources>