

BASIC ENGLISH CAREER GUIDE

Be Patient – Be Kind to Yourself – Be Involved

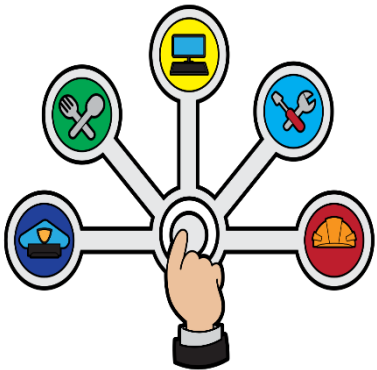
**Don't
Rush**

Focus on English

**Community
Programs**

Network

Self-Learning



These are general suggestions and steps. English language learning and self-care must be priority.

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BASIC & INTERMEDIATE ENGLISH CAREER GUIDE

✓ COMPLETE STEP-BY-STEP

1.) Don't Rush:

- Be patient with yourself. Be kind, be proud of yourself for the hard work you are doing.***
- Connect with **Settlement Workers*** for help in financial \$ support (Employment Insurance and Social Assistance)
- Connect with our **counsellor at Invergarry Adult Education Centre-Justin Faraone**. He's so wonderful and helps with loneliness, stress, life-planning, fears, self-esteem and much more (faraone_j@surreyschools.ca)
- Add a FREE Mental Health APP to your weekly routine** –Examples such as [Exhale](#) (for BIPOC) or [Stop, Breathe, Think](#)



2.) Focus on English

- Strong English skills are needed for work in BC***
- Work with your **Teachers**. Take Reading, Writing, Speaking & Listening **Companion Courses at Invergarry!**
- Speak English at HOME as much as you can**. Give **Reading Time & Study Time** to your English every day
- Get **Books from Library. Go as a Family!**
- Join **English Language Circles**- Examples:
 - **Mosaic Free Online English Conversation Circles:** <https://www.mosaicbc.org/calendar/>
 - **PICS English Conversation Circles** <https://pics.bc.ca/services/language/english-conversation-circles/>
 - **Surrey Libraries ESL Conversation Circles**

<https://www.surreylibraries.ca/services/community-services/education-resources/english-language-training>

3.) Connect to Community Programs

- **Healthy Self, Healthy Families Program:** <https://www.dcrs.ca/our-services/programs-for-newcomer-children-and-youth/healthy-self-healthy-families-program/>
- **Immigration Services Society of BC ISSofBC:** <https://issbc.org/our-services/community-connections>
- **ISSofBC Employer Solutions Program Job Board:** <https://issbc.org/our-services/employer-solutions-job-board>
- **Middle Eastern Friendship Centre:** <http://www.mefriendshipcentre.com/>
- **Mosaic Community Connections Programs:** Fun programs help you learn new skills while practicing English and meeting other newcomers. Various events on International Cooking, Support Groups, Photo and Computer Classes, and more: <https://www.mosaicbc.org/services/settlement/ncbp/>
- **Options Community Connections Programs:** <https://www.options.bc.ca/program/community-connections>
- **PICS Workplace Language Cultural Training for Newcomer Job-seekers:** <https://pics.bc.ca/programs/settlement-services/settlement-and-integration-program-ircc/>
- **Refugee & Immigrant Specialized Experience (RISE) Program:** <https://www.dcrs.ca/our-services/programs-for-refugee-families/rise-program/>
- **Sahara Employment Program for Men:** <https://www.dcrs.ca/our-services/employment-programs/s-a-h-a-r-a-program-for-men/>
- **SEED Youth Employment Program (15-30 yrs old):** <https://www.douglascollege.ca/programs-courses/training-group/employment-services-career-development/youth/seed-youth-employment>



4.) Network

- USE NETWORKING TEMPLATES. REACH OUT TO CONTACTS
- Connect with Cultural Associations for relationships, mentoring and job opportunities. For Example:
Somali People's Society of B.C.: <https://www.somalipeoplesassociation.org/>
OR
Fiji Cultural Association: <https://bipt.ca/resource/fiji-canada-association/>
OR
Latincouver Cultural and Business Society: <https://www.latincouver.ca/our-programs/>
OR
Korean Society: <https://bipt.ca/resource/korean-society/>
- Find Yours! Multicultural Organization Database: http://www.vcn.bc.ca/multicultural/the_index.html

5.) Self-Learning

- English Language Learning and Job Readiness Podcasts:



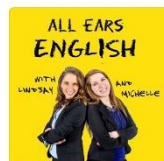
English as a Second Language (ESL) P...
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VOA Learning English

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All Ears English Podcast
Lindsay McMahon and Mich...

SUBSCRIBE



Get a Job! A Podcast by Vanco...
WorkBC Podcast

SUBSCRIBE



- English Language Learning **Book Club**: <https://www.surreylibraries.ca/services/newcomers>
- Lynda.com** – Tech Skills to Boost Your Career: <https://www.surreylibraries.ca/services/adult-learners>
- LearningExpress**: Helps you in your education and personal life: <https://www.surreylibraries.ca/services/adult-learners>
- Follow Invergarry Career Centre on Instagram [@invergarrycareers](https://www.instagram.com/invergarrycareers) for great options