



JOB SEARCH IN THE TIME OF COVID-19

Resource Guide for Job Seekers

Where to Start?

Have you moved past the phase of denial, shock and distraction and are now considering the ramifications for your career? Are you reconsidering your work or contemplating the idea of how to move forward with your career plans during or after the pandemic?



[source](#)

It's possible to be in the present moment and still continue with our career development. Visualize your career plan and how you may need to adapt it in response to the current situation; take a step back and assess where you are so you can focus on preparing yourself for your future job searches and job readiness.

Make a checklist of your professional assets, desires, strengths, natural interests and personal qualities. Research the current labour market in your field and adapt your marketing tools (résumé, LinkedIn, cover letters) to its current needs. Be sure to incorporate keywords like "remote", "work from home" and "adaptability" to make yourself stand out from other applications.

Digital Tools

Looking for a job is uniquely different right now, but what is certain is that YES is here to support you. Find out how to connect with us online and how to get access to free employment counselling and career development workshops, no matter where you live in Quebec. [See more here](#)

1. Job Search Readiness Questionnaire

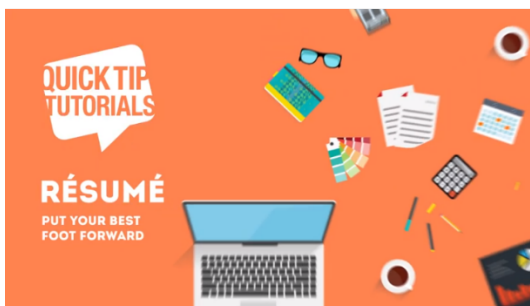
[See more here](#)

Quebec's Labour Market Information

[See more here](#)

2. Quick Tip Tutorial: Put Your Best Foot Forward with a Résumé That Stands Out

[Watch here](#)



3. Quick Tip Tutorial: Build Your Network of Connections

[Watch here](#)



4. Quick Tip Tutorial: Make Your Next Job Interview Work For You

[Watch here](#)



5. Skill Building & Networking in the Time of COVID-19

“During an economic slowdown, it’s important to focus on what you can control—improving your skills and reaching out to your network”.

[See more here](#)

6. Six Leadership Principles to Guide you During Crisis

The six principles of “Innovation Mentality” help to create a crisis-aware perspective through optimizing resources and people, building trust and valuing legacy. The Innovation Mentality helps us find the right rhythm to operationalize a crisis management mindset – so we can think and act in ways that get us ahead of the changing consequences of a crisis.

1. The Inspiration to See Opportunities in Everything
2. The Flexibility to Anticipate the Unexpected
3. The Freedom to Unleash Our Passionate Pursuits
4. The Room to Live with an Entrepreneurial Spirit
5. The Trust to Work with a Generous Purpose
6. The Respect to Lead to Leave a Legacy

[See more here](#)

7. Practical Support and Community Aid

INCOME

Employment Insurance & Emergency Relief

- Benefits information (Canada-wide) prepared by Dr. Jennifer Robson at Carleton University
[See more here](#)

Job Opportunities

- YES' Job Board is being continually updated - [find your future job here](#)
- Jobs & Things prepared by Shanice Nicole (also has some COVID-19 resources at the end of doc)
[See more here](#)

FOOD

Emergency Food

- Concordia Food Coalition emergency food baskets - [See more here](#)
- NDG Food Depot emergency food baskets (for addresses within H4W, H4B, H4V, H3X, H4X, H3Z, H8R, H4A) - [See more here](#)
- 211 Food Info Montreal - [See more here](#)
- List of Quebec Meals-on-Wheels for isolated communities - [See more here](#)

Ordering Online

- Info on a few online grocery store procedures - [See more here](#)
- List of restaurants by neighbourhood that offer delivery - [See more here](#)

HOUSING

Emergency housing

- 211 Housing Info Montreal - [See more here](#)

Renters info

- Evictions Bans & Suspension info (Canada-wide) - [See more here](#)

Student housing

- Woodnote Coop | For and by Concordia Students - [See more here](#)
- Campus 1 MTL is offering 2 months rent free on 8-12 month leases - [See more here](#)
- CSU Housing and Job bank - [See more here](#)

STUDENT SUPPORT

- Suspension of Quebec Student Loan repayments - [See more here](#)
- Moratorium on Canada Student Loan repayment - [See more here](#)
- Student support/resource list created by Meal Exchange - [See more here](#)
- COVID-19 Updates for Canadian Universities prepared by University Affairs - [See more here](#)

MENTAL HEALTH RESOURCES

No matter what stage you're at on your journey towards employment, your mental health matters. Find a resource list of English-language Mental Health Services & Resources.

[See more here](#)

Support Groups & Hotlines

- Free online COVID-19 support group by Katherine Zogbo (UdM) and Zhen Xu (McGill) | This group is bilingual, BIPOC and LGBTQ + friendly - [See more here](#)

Meditation & Mindfulness

- Online Mindfulness sessions with Fimo Mitchell from We Are Home - [See more here](#)
- Liberate | Black & African Diaspora Meditation App - [See more here](#)

PHYSICAL DISTANCING & HEALTH GUIDELINES

- Social Distancing guidelines - [See more here](#)
- Montreal Health guidelines - [See more here](#)
- Quebec home health self-care guide - [See more here](#)
- List of essential services that are still open - [See more here](#)
- Quick video on how to effectively wash hands - [See more here](#)

COMMUNITY-SPECIFIC CONCERNS

Resources for Parents

- The Open School | QC Online Schooling (Preschool to High school) - [See more here](#)
- Kid-Friendly Educational Resources & Activities by Shanice Nicole (with Afrocentric options) - [See more here](#)
- Scheduling days at home with kids - [See more here](#)

Resources for Disability Needs

- Disability-Related Resources for Families - [See more here](#)

Resources for Racialized Communities

- COVID-19 Racial Equity & Social Justice Resources - [See more here](#)
- Head and Hands Funding for BIPOC youth led projects - [See more here](#)

Resources for Freelance Artists

- COVID-19 & Freelance Artists and Writers, CANUCK EDITION - [See more here](#)
- CBC Arts freelancer resource list - [See more here](#)

MUTUAL AID

- MTL COVID-19 Mutual Aid Resources - [See more here](#)
- COVID-19 Mutual Aid NETWORK Montréal (Tio'tià:ke-Mooniyang) by Neighbourhood - [See more here](#)

GETTING INVOLVED

Fundraisers

- Mtl Rapid Response / Réponse Rapide Mtl - [See more here](#)
- Fundraiser for undocumented community members - [See more here](#)
- Mtl Resto Relief Fund - [See more here](#)

Volunteer

- Volunteer opportunities in Quebec - [See more here](#)
- Concordia Food Coalition - Emergency Food Basket Prep - [See more here](#)
- Call for Volunteers - COVID-19 Health Professionals - [See more here](#)

Much of the information above was collected by The Black Perspectives Initiative (BPI) at Concordia University. For more information visit www.bpiconcordia.com.



Published April 21, 2020
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