

ADVISOR

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ANOTHER YEAR OF SERVICE!

We are proud to announce that **A.I.M. for Work** is in its 5th year of operation. We are excited to be able to continue providing our valuable services to persons with physical disabilities.

We have once again received funding from Human Resources Development Canada and Manitoba Education and Training and we thank them for their ongoing support of this program!

We are also pleased to partner with Job Quest for another year to provide our clients with top quality resumes. Job Quest is located down the hall from us in the Selkirk & District Community Learning Centre and has assisted our program with providing resumes to our clients for the past two years.

OUR NEWSLETTER NOW HAS A NAME!

We've decided that our newsletter needed to be called something other than "Newsletter", so we've come up with "The A.I.M. for Work Advisor" which we think has a nice ring to it! Hopefully we will be able to get an 'Advisor' out in December and again early in 2002.

A.I.M. for Work Is Expanding!

Keep an eye out for a new addition to our offices. We will soon be offering on-site computer stations to our clients to access the Internet, typing tutors, and to enter resumes on the Web Access Employment Network (WAEN) via the Internet. Renovations have not yet begun, but will be taking place within the next month!



Disability Spotlight



FIBROMYALGIA

What is Fibromyalgia?

Fibromyalgia (pronounced fy-bro-my-al-ja) is widespread pain in muscles, ligaments and tendons. It does not cause inflammation and is not a form of arthritis, but it is a form of soft tissue rheumatism.

What causes Fibromyalgia?

The exact cause of fibromyalgia is not known. A number of factors might be involved with its cause; accidents and injuries, surgery, other illnesses or infections, emotional trauma and stress.

What are the warning signs of Fibromyalgia?

- Stiffness, especially in the morning, and pain in muscles and joints all over the body
- Trouble sleeping at night and a feeling of being very tired all the time
- Numbness in muscles and joints
- Poor memory and concentration
- Other warning signs may include depression, tension and migraine headaches, and pain in the jaw

What can you do about Fibromyalgia?

There is no cure for fibromyalgia. The goal of treatment is to help in the management of pain and other symptoms. Medicine and exercise are commonly used to treat fibromyalgia as well as massage, relaxation techniques, establishing regular rest patterns, using heat to relieve pain and eliminating stress. ♦

For more information, call 1-800-321-1433

CAREER FAIR COMING TO SELKIRK!

Be on the lookout in mid October 2001 for the Career Fair to be held in Selkirk. We encourage you to take this opportunity to meet employers from Selkirk, Winnipeg and surrounding areas to discuss employment opportunities with them! Some employers that attended last year were Red River Co-op, Staples, Interlake Regional Health Authority, Tudor House Personal Care Home, Gage Marketing and Manitoba Pork Producers just to name a few. Please keep an eye out for advertising or call our office or the Career Fair Organizer at 482-2111 for more information!

MEET YOUR NEXT EMPLOYER!



EDUCATION OPPORTUNITIES AT THE SELKIRK & DISTRICT COMMUNITY LEARNING CENTRE

The following courses are being offered at the Learning Centre this year:

- ❑ Computerized Office Assistant course by Patal Vocational School
- ❑ Applied Counseling Skills Certificate Program – Red River College Gimli Campus

The courses below are still in the process of recruiting students:

- ❑ Database Administrator course through Hallcrest College
- ❑ Business and Administrative Studies – Red River College Gimli Campus.
Call (204) 642-5496

For more information on these courses, please call the **Selkirk & District Community Learning Centre** at 482-2111.

CAREER SITES ON THE INTERNET:

www.canadacareers.com – contains information on career exploration, education and training, job search techniques, resumes and cover letters, online job boards and much more

www.workinfonet.ca – is a bilingual directory with easy-to-find links to the best information and resources ranging from career development, financial help and community services.

www.canadajobs.com – here you will find links to job databases, government job banks, newsgroups, employment agencies, and companies that have Canadian job listings on their homepage

www.careerplace.com – Working with employers, CareerPlace assists Aboriginal women to find, maintain and progress in meaningful careers

www.workdestinations.org – designed for Canadian residents who want to practice their trade or profession in another province or territory.

www.youth.gc.ca – the Youth Resource Network of Canada is a federal government site created to help youth bridge the gap between school and the labour market ♦

As always, our staff is dedicated to excellent service.
Your comments are most welcome.

Please contact us at
(204) 482-2130 or Toll Free at 1-800-494-4179
Fax at (204) 482-9855

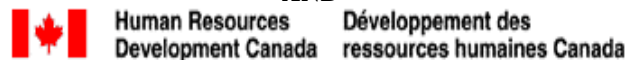
Email: aimforwork@mb.sympatico.ca

Our mailing address is:
A.I.M. for Work
101-511 Robinson Ave., Selkirk, MB R1A 1E5

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AND



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“The greatest ability is dependability” - Curt Bergwall