



Inside this Issue

<i>See Good Things</i> with MCG Careers	1
Labour Force Statistics	2
Employer Interview	3
Who is hiring in the Foothills?	4
Employer Services	5
Upcoming Events	6
MCG Careers Outreach Services	7
Community Partners	8/9

See Good Things with MCG Careers this Spring!

We would like to begin by sending a big **THANK YOU** to the participating vendors at our **Career and Employment Expo 2023!**

In this edition of our quarterly newsletter, we are pleased to highlight our spring events, an interview with a local employer and some of our community partners.

We are additionally excited to feature businesses and organizations hiring in the Foothills. At **NO COST**, MCG career coaches are available to provide guidance and support to help Albertans discover career, employment, and post-secondary goals. We serve our clients in person with options to receive services by phone or via Zoom.

Regular office hours: Monday to Friday, 8:30 am – 12:00 and 1:00 – 4:30 pm

Check our website or find us on Eventbrite for updates on upcoming events and workshop information. **NEW** this month – attend 3 events and receive a gift card! Learn more on page 6.

To book an appointment, please call
403-995-4377 (Okotoks) or 403-601-2660 (High River)

MCG Careers in High River is an **Emotional Safe Spot**.
Call 403-601-2660 for support.
We connect individuals to agencies and organizations that can help.



Government of Alberta (2023) March Highlights

Labour Force Statistics

- Alberta's seasonal unemployment rate was **5.7%** in March 2023. A decrease of 0.1 percentage from last year. This rate was tied with Nova Scotia as the seventh lowest in Canada. The national rate is **5.0%** (unchanged when compared to the previous month).

The provincial statistics are as follows:

- Quebec unemployment rate 4.2%
 - British Columbia unemployment rate: 4.5%
 - Saskatchewan unemployment rate: 4.7%
 - Manitoba unemployment rate: 4.7%
 - Ontario unemployment rate: 5.1%
- The unemployment rate decreased, as employment increased by 13,700 when compared to the previous month.
 - Full-time employment increased by 10,500 while part-time employment increased by 3,300 over the same period.
 - Between March 2022 and March 2023 employment increased by 94,700. The number of unemployed decreased by 7,300 over the same period.
 - Month-over-month employment increased for the private sector, overall employment grew by 78,800, self-employed by 11,000, and public sector grew by 4,800.
 - In March 2023 the industries that had the most employment gains from the previous month were: transportation, warehousing, wholesale and retail trade, finance, insurance, real estate, rental and leasing.
 - Industries that had the most employment decreases over the same period were public administration, information, culture and recreation and other services.
 - On a year-over-year basis seasonally unadjusted employment increased in eight out of the 10 occupation groups. The occupation groups with recorded declines were natural and applied sciences and related occupations, natural resources and agriculture.

Source: Statistics Canada, Labour Force Survey

For additional information about Alberta's Labour Force Statistics, visit: <https://www.alberta.ca/labour-force-statistics-annualreviews.aspx>

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Interview with The British Teahouse

We asked The British Teahouse about employment with their business.
Here is what they said:

1: What was your vision when starting the British Teahouse? What makes your business special?

We opened the Teahouse during a tough time in 2021. Covid was hanging about and rules were constantly changing, it was a challenge to see if we were a strong enough business to survive. Thankfully, we did! Our vision was to provide Southern Alberta with an authentic British eatery and bakery. With the increasing number of British expats in High River, Okotoks and Calgary we thought it would be a good idea to open something that could give everyone a 'taste of home'. We also wanted to introduce a true taste of Britain to Canadians and other nationalities living in Southern Alberta. Since opening, nearly two years ago, we have seen a huge increase in Canadian customers, once they sample true British delights, they find themselves returning for more.



2: Tell us more about the position you are looking to fill. Describe what a day working at the Teahouse would actually be like?

We are currently looking for someone with cooking and baking experience. Training is provided to the successful candidate/s as we know that we may employ someone with a limited knowledge of British cuisine. A typical day in the Teahouse will consist of ensuring the display counter is set up and ready for the day, preparing any food orders that come through the door or via DoorDash, and potentially assisting with some baking and serving customers at the front of the shop.

3. What are you looking for in a perfect candidate? What will make someone a successful employee at the British Teahouse?

It is important for us that we find the right candidate for our business. We are willing to be flexible on certain aspects and experience as long as the candidate is reliable, punctual, trustworthy, hardworking and dedicated to doing the best for the business. This is something we would give to any potential employer as employees and it's important that someone gives this to us. We feel that these are all standard qualities that should be in any good employee.

4. What has been the funniest moment at the Teahouse that you can share with us?

We experience so many different personalities with our customers. Being British, we have a crazy and sarcastic humour. Whether or not our customers are regular or just dropping by to "try" the products, we can enjoy a laugh and make their visit a great experience. Eventually, our non-British customers get use to the humour and join in, they then look forward to their "British" visit. Therefore, it is difficult to bring any one fun experience to mind. We just generally have a great time throughout the day.



5. What are your most popular products?

Our most popular products have to be our Full English Breakfast, Sausage Rolls (Pork) and Millionaire Shortbread. These are all British specialties that you cannot get here in Canada. We import the seasonings that we use in the sausage rolls, directly from the UK, which means customers will not find the same product flavour in Canada. We produce our own sausages, bacon and black pudding with our partners at The British Banger Company in Okotoks, and again, the seasonings are all imported from the UK, giving us a unique product that you probably will not find in Canada.

6. Is there anything else you want to tell us about working at Teahouse?

Working at The British Teahouse is great! Each day is different, you make different meals, different cakes and liaise with different types of people, you never know what the day will bring.

Who is Hiring in the Foothills?

Massage Haven in Okotoks is looking for a 2200 HR Registered **Massage Therapist**. To apply, please drop off your resume in person or email your resume to: info@massagehaveninc.com



Westwind's Communities is looking for a part time cook in Diamond Valley. To apply, please email your resume to: HR@westwindscommunities.ca
Further information can be found at: www.westwindscommunities.ca



Claresholm Aquatic Centre is looking for **Senior & Junior Guards**.
Must have: Current Standard First Aid, National Lifeguard and Lifesaving Swim Instructor

Available for day time hours and to teach lessons
Flexible hours, wage starts at \$16+ per hour
Forward resume to Lisa@claresholm.ca



Denise Spencer
Recreation Manager

Phone: 403.625.2172 Alternative Phone Line 403-625-3071
PO Box 1000, 212 Fairway Drive, Claresholm, AB T0L 0T0
www.claresholm.ca
Claresholm Rec on Facebook

To view more job postings in the Foothills area from MCG Careers, please view our job board either online at: [MCG Careers Job Board](#) or visit one of our Career and Employment Centres!

Need assistance? We are here to help!

Career and Employment information services

Come in to have a one-on-one coaching session where you can write a resume, conduct a job search, prepare for interviews, get career advice, and so much more.

High River: #6 – 28 12th Avenue S.E. | 403-601-2660

Okotoks: Bay 3, 87 Elizabeth Street | 403-995-4377

“You are incredible! Big Big Thanks from the bottom of my heart. The info you have provided me is helping me rebuild my skills and giving me confidence. I feel very lucky to have the support I have.” – J.T.

Experience Counts Program

Are you above the age of 45 and looking for work? This initiative could be for you! In the Experience Counts program, you will learn and refresh many skills including computer basics, resume preparation, workplace skills, and so much more.

High River: #6 – 28 12th Avenue S.E. | 403-601-2660

“For anyone struggling to find a job this is the place to be. Great place, great people. What I learned from the program is to stay calm, that it’s okay not to have everything figured out and that in time, I’ll get there. It’s one of the 7 rules of life” – V.F.

Employer Services

Job Advertising

MCG offers a free job posting service to employers to help them find a match for their company. Simply register your company on our website and fill-out and submit the job form. Learn more at www.mcgcareers.com.

Job Fairs and Employer Spotlights

Hiring staff or planning to hire in the near future? Stressed about advertising a position and then receiving hundreds of unqualified applications? MCG job fairs provide employers with the opportunity to meet face-to-face with potential employees allowing you to recruit candidates that meet your needs without the hassle or expense of posting a position. Hiring for more than one position? MCG can host employer spotlights at your place of business or ours. We can pre-screen candidates, provide on-site interview support and market your business to our clients.

Placement Opportunities

Our Job Placement and Experience Counts program staff can assist you with finding candidates who are interested in your industry and are ready to start work today.

Grant Application Support

Canada-Alberta Job Grant Application Support: Did you know that you may be qualified to get government funding to help your employees access training opportunities? The Canada-Alberta Job Grant is a training program where an employer applies on behalf of their employee(s) for eligible training costs. We can help you navigate the application process.

Employment Standards

Know your rights and responsibilities as an employer. MCG will provide, or help you access, the answers you need to know about the Employment Standards Code including the laws regarding minimum wage, overtime, job-protected leaves, youth workers and terminations.

#SeeGoodThings

Upcoming Events with MCG Careers

-NEW in April-
Attend 3 Events in a Month and Receive a GIFT CARD!

UPCOMING CAREER AND EMPLOYMENT WORKSHOPS

Conducting an Effective Job Search

- Wednesday **April 19**, 10:00am – 12:30pm
Okotoks Public Library

Resume and Cover Letter Building

- Tuesday **April 25**, 1:00pm – 3:30pm
Nanton Quality of Life Foundation

The Power of Networking

- Wednesday **May 3**, 9:30am – 12:00pm
High River Library
- Wednesday **May 17**, 1:00pm – 3:30pm
Claresholm Public Library
- Wednesday **June 14**, 1:00pm – 3:30pm
Sheep River Library

LinkedIn

- Wednesday **May 24**, 1:00pm – 3:30pm
Vulcan Municipal Library
- Wednesday **June 7**, 1:30pm – 4:00pm
Okotoks Public Library

Ace your Next Interview

- Tuesday **June 13**, 1:00pm – 3:30pm
Nanton Quality of Life Foundation

Computer Basics

Five interactive sessions covering a variety of topics on technology and how to use it to maximize job search success.

MCG Careers Okotoks - Bay 3, 87 Elizabeth Street
9:00am – 12:00pm (all five sessions)

Session 1: May 9

Session 2: May 16

Session 3: May 23

Session 4: May 30

Session 5: June 6

Register for any or all. **Seats are limited.**
Contact our team at **403-995-4377** to learn more
and reserve your spot today!

H&R Block
April 19

9:00am – 10:00am

Experience Counts
Program
April 26

9:00am – 10:30am

Caffeinate and Educate with us!

Informational sessions for staying well-informed about programs and services available in the Foothills and best practices for navigating career and employment goals.

VISIT US ON EVENTBRITE AND STAYED TUNED ON WHAT IS
COMING NEXT!

[MCG CAREERS ON EVENTBRITE](#)

OR CONTACT US:

1-844-601-2660 | okotoks@mcgcareers.com



Outreach Services & Resources

See Good Things

Did you know that MCG Careers also provides weekly outreach services?
We also visit...

Vulcan

Vulcan Munciple Library

303 Centre St, Vulcan, AB

Wednesday Appointments Available

Claresholm

Claresholm Public Library

211 49 Ave W, Claresholm, AB

Thursday Appointments Available

Nanton

Nanton Quality of Life Foundation

(FCSS) 1601 21 Ave, Nanton, AB

Thursday Appointments Available

Diamond Valley

Sheep River Library

1601 21 Ave, Nanton, AB

Wednesday Appointments Available

Call to schedule an appointment with one of our career coaches today!

Centre Hours: Monday to Friday, 8:30 a.m. - 4:30 p.m.

MCG Okotoks
Bay 3, 87 Elizabeth Street
Tel: 403.995.4377
okotoks@mcgcareers.com

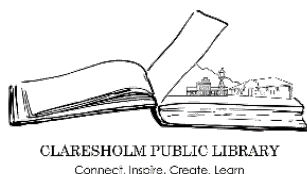
MCG High River
6, 28 – 12th Avenue, SE
Tel: 403.601.2660
highriver@mcgcareers.com

Canada  Alberta 

www.mcgcareers.com

Community Partners

MCG Careers is proud to partner with numerous organizations in our communities. Here you will learn about some of our partners and the valuable services they offer:



Claresholm Public Library

If you have a Library card you can:

- check out books, DVDS, audiobooks, toys, sporting equipment, Chromebooks, Wifi hotspots, a karaoke system, a telescope for stargazing, a lemonade stand, green screen, cake pans, etc.

You can also use your card to access our e-resources that include e-books and magazines, e-audiobooks, movies and TV shows and free courses.

Services that don't require a card:

- free use of a public computer, printing and scanning services, read local newspapers in house, borrow sporting equipment, get questions about your tablet and cell phone answered, pick up free craft kits for kids, free use of our meeting rooms (non-profit) get questions about your tablet or cell phone answered, and attend our free programs.

Diamond Valley Sheep River Library

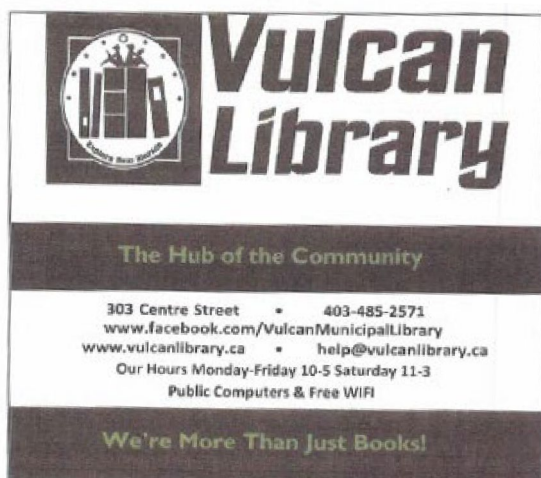
At the Sheep River Library, we support and encourage collaboration with other community organizations and agencies in the provision of classes. Our partnership with MCG Careers began in 2011 with MCG providing workshops and one on one sessions with community members seeking employment and career advice. We are able to direct patrons to the services MCG Careers offers such as how to do an online job search or how to construct a resume or how to have a successful job interview. Having this partnership, expands the services we can offer at no cost, in a small community like Diamond Valley. Other community agencies we work with to provide programs are Greater Foothills Family Centre, Literacy for Life and Diamond Valley Sustainable Living Centre. For a full list of our programs for all ages, check out our website:

www.sheepriverlibrary.ca

High River Library

Welcome to High River Library! Cards are free this year so there's never been a better time to join. Stop in at 909 1 St SW to sign up or check out our website at highriverlibrary.ca. The library offers computers, free WiFi, many online services and career resources, books, video games, movies, and programs. Using the library is also great way to save money. In fact, HRL saved residents more than 1.84 million dollars last year!

With a library card, you can access a variety of valuable tools and resources. Many are available in person, online and conveniently from home. Connect with us to learn more about courses, language learning opportunities, resources for making smart buying choices, and so much more. We look forward to meeting you soon!



Nanton Quality of Life foundation

The Nanton Quality of Life Foundation's was formed in 1996 to ensure that residents of the Town of Nanton and surrounding rural areas who need intervention, assistance, advocacy, skills and/or support to improve their quality of life and well-being are supported to achieve that goal. Any person residing in the community of Nanton and surrounding areas, including the MD of Willow Creek and the MD of Ranchland, are eligible to seek services from the Foundation.

We are also stewards for the FCCS (Family and Community Support Services) funding for our area. Through FCSS we offer a variety of programs, including support for Meals on Wheels, referral services to other local agencies and government departments, volunteer coordination for support services, and family, senior's, youth and children's programming.

We are excited to bring a new program to our community in the summer of 2023. Because of a generous donation from the High River Health Foundation as a result of outstanding fundraising by the Longview 4-H Beef Club – a TriShaw electric bike is being provided to our community in the summer of 2023. On behalf of the Silver Willow Lodge, and other community partners, the Nanton Quality of Life Foundation and our volunteers will provide bike services to local care homes and community members to ensure that our senior residents have access to this wonderful “wind in their hair” cycling experience.



Okotoks Public Library

Spring is here and a busy time at Okotoks Public Library! New programs and events are in full swing and ready for you and your families to enjoy. Did you know all our programs are free to the public and do not require an Okotoks Library Card? Take a look at our monthly program offering, there is something for everyone:

<https://www.okotokslibrary.ca/Events>

While you're visiting our beautiful facility in the new Arts & Learning Campus, we invite you to browse our many collections and resources. We're not just books! We have walking poles, children's nature Discovery Kits, video game consoles, free public computers and so much more. Our popular Surfing Seniors and Memory Kits are just some of our latest additions available in our Special Collections for your take-away. Visit us online: <https://www.okotokslibrary.ca/> or drop in and chat with staff today.

We'd love to see you.

A promotional graphic for 'Surfing Seniors Digital Literacy Kits'. The title 'Surfing Seniors' is in a stylized, bubbly font. Below it, 'Digital Literacy Kits' is written in a bold, sans-serif font. The graphic lists the kit contents: 'Chromebook laptop & Wifi Hotspot with unlimited data' and '3 Week Loan'. It also mentions 'Scheduled one-on-one training available'. The graphic is sponsored by 'Sheep River HEALTH TRUST'. At the bottom, the Okotoks Public Library logo and address are provided: 'Okotoks Public Library, 23 Riverstone Drive West, Okotoks, Alberta T1S 1A8 | 403-638-2222, www.okotokslibrary.ca'.

