



PROGRAMS AND SERVICES

Come create job opportunities with us!

CLUB

**JOB SEARCH
STRATEGY**

**JOB SEARCH
SUPPORT**

**EXPERIENCED
WORKERS**

EVOLUTION

**PH (PEOPLE
LIVING WITH A
DISABILITY)**

**PROPULSION
INTERNSHIP**

**INSERTION
INTERNSHIP**



La Relance

Services d'aide à l'emploi

FIND THE RIGHT PROGRAM FOR YOU



HERE, EVERY PATH LEADS TO EMPLOYMENT!



JOB SEARCH STRATEGY

**JOB SEARCH
TECHNIQUES**

CLUB

**JOB SEARCH
TECHNIQUES AND
SUPPORTED JOB SEARCH**

JOB SEARCH SUPPORT

**JOB SEARCH SUPPORT AND
ASSISTANCE I**

**EXPERIENCED
WORKERS**

**PROGRAM FOR WORKERS AGED
60 AND OVER**

EVOLUTION

**SPECIALIZED PROGRAM FOR MEN
AGED 35 AND OLDER**

**PH (PEOPLE LIVING WITH A
DISABILITY)**

**SUPPORT IN FINDING EMPLOYMENT
AND ASSISTANCE
IN MAINTAINING EMPLOYMENT**

**PROPULSION INTERNSHIP
(PEOPLE LIVING WITH A
DISABILITY)**

**SUPPORT FOR ADAPTED TRAINING IN
A PROFESSIONAL ENVIRONMENT**

INSERTION INTERNSHIP

**PAID INTERNSHIP PROGRAM FOR
SOCIAL AND PROFESSIONAL
INTEGRATION**

JOB SEARCH STRATEGY

About this program

The Job Search Strategy program aims to equip clients to search for jobs independently.

Our clients

This service is for individuals who are currently not employed but are ready to enter the labour market.

They need to update their knowledge and clarify their job search strategy.

Program information

Group approach: 2 workshops and 1 or 2 one-on-one meetings

Duration: 3 weeks

Eligibility criteria:

- Residency in Quebec
- Aged 16 years or older
- Unemployed
- Canadian citizen, permanent resident or refugee status

What we propose

- Quick, short-term support
- Job search techniques and interview skills workshops
- Updating your job search documents

MAKE AN APPOINTMENT

✉ info@larelance.ca

☎ 819 770-6444

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📍 270, boul. des Allumettières, Gatineau



CLUB 35 YEARS+

About this program

The Club offers group workshops to discover practical tools and tips to use in a job search process, including digital skills development. Afterwards, our counsellors are ready to listen and available for individualized support toward employment.

Our customers

The target clientele consists of individuals who are ready to enter the workforce and who need support to achieve their goal. Their profile demonstrates that they encounter difficulties in conducting their job search independently and require guidance and referrals to partners for other psychosocial support.

Program information

Group approach: 7 to 10 workshops and 8 to 10 one-on-one meetings.

Duration: 12 weeks

Eligibility criteria:

- Residency in Quebec
- Aged 35 years or older
- Unemployed
- Canadian citizen, permanent resident or refugee status

What we propose

- Respectful and rewarding group experience
- Self-growth, job search and interview skills workshops
- Updating your job search documents
- Digital skills development

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JOB SEARCH SUPPORT

Program information

Duration: 18 to 25 hours

This varies depending on the complexity of the mandates of the Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST).

About this program

The purpose of this program is to help workers prepare for searching for jobs. This includes: sharing labour market information, creating or optimizing the CV, job search assistance, preparing for an interview and preparing for a routine for labour market re-entry.

What we propose

- Group workshops
- Individualized job search support

Our clients

La Relance works with CNESST's rehabilitation counsellors to welcome and support workers referred by the CNESST in their job search. Program completion will equip the individual with a set of tools necessary to search for employment and continue their job search independently.

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EXPERIENCED WORKERS 60 YEARS+

About this program

In the current context of a skilled labour shortage, experienced workers with significant labour market experience are valuable resources for employers. We want to support these people who want to reorient and/or return to the labour market.

Our clients

Our target clients include all persons aged 60 years or older who wish to receive assistance in reorienting themselves or returning to the labour market.

Program information

Individual and/or group approach (depending on the client's needs)

Duration: 8 to 24 weeks (depending on the client's needs)

Eligibility criteria:

- Quebec resident
- Aged 60 years or older

What we propose

- Needs assessment and skills review
- CV update
- Development of transferable skills
- Job search support
- Exchange of experience and expertise

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EVOLUTION MEN 35+

About this program

We offer employment counselling services that include, among other things, self-awareness activities, social skills development, assessment of the person's needs, and preparation of an intervention plan with tailor-made workshops for skills development.

Our clients

The Evolution program is designed to meet the specific needs of Francophone or Anglophone men aged 35 and over who face personal difficulties or systemic barriers in finding, integrating and maintaining employment.

Program information

Individual approach: 10 to 16 meetings

Duration: 12 to 24 weeks

Eligibility criteria:

- Quebec resident
- Aged 35 years or older
- Unemployed
- Canadian citizen, permanent resident or refugee status

What we propose

- Individualized and confidential follow-ups
- Socio-professional skills development
- Job search preparation
- Support for maintaining a job

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PH PROGRAM (PEOPLE LIVING WITH A DISABILITY)

What does this program involve?

This specialized program is designed for people with disabilities to support their integration into the workforce and help them maintain employment, while taking into account all dimensions of the individual.

Our clients

This service is intended for people with functional limitations related to employment, such as a physical disability, a cognitive disorder, a learning disability, or an intellectual disability. These individuals experience difficulties in finding, integrating into, and maintaining employment, and require an adapted approach and intervention methods that take their challenges and limitations into account.

Program information

Individualized process of approximately 12 appointments

Duration: 26 to 52 weeks

Eligibility Criteria:

- Residence in Quebec
- 16 years of age or older
- Living with a disability
- Be a Canadian citizen, permanent resident, or hold refugee status

What we offer you

- Employability profile assessment
- Career guidance based on the person's strengths
- Structured support in the job search process
- Job-retention activities and collaboration with the employer
- Eligibility for employment subsidies
- Preparation for integration into a supported employment company

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INTERNSHIP INTERNSHIP



About this program

The STLR (Skills and Technology for Local Resources) trainee participates in the refurbishment of electronic devices while receiving semi-skilled vocational training.

In addition to technical training, the internship offers psychosocial support aimed at improving socio-professional skills.

Our clients

The practical training program targets clients who have difficulties with socio-professional integration, face personal difficulties, have insufficient general training, have little or no experience in the Quebec labour market and lack confidence to obtain and maintain employment.

Program information

One-on-one meetings and group workshops

Duration: 700 hours

Eligibility criteria:

- Residency in Quebec
- Aged 16 years or older
- Canadian citizen, permanent resident or refugee status
- Unemployed

What we propose

- Paid work experience
- Socio-professional development workshops
- Electronic device recovery worker certification
- Individualized job search support
- Job retention up to 2 years after completing the program

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INTERNSHIP INTERNSHIP



Hebdo Ménage
Entretien ménage commercial

About this program

The integration trainee at Hebdo-Ménage accompanies the supervisor in housekeeping for our clients while receiving training in semi-skilled trades. In addition to providing technical training, the practical training offers psychosocial monitoring aimed at improving socio-professional skills.

Our clients

The internship program targets clients who have socio-professional integration difficulties, experience personal difficulties, have insufficient general education, possess little or no experience in the Quebec labour market and lack confidence to obtain and maintain employment.

Program information

Individual meetings and group workshops

Duration: 700 hours

Eligibility criteria:

- Residency in Quebec
- Aged 16 years or older
- Canadian citizen, permanent resident or refugee status
- Unemployed

What we propose

- Paid work experience
- Socio-professional development workshops
- Housekeeping Attendant certification
- Individualized job search support
- Job retention for up to 2 years after program completion

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La Relance
Services d'aide à l'emploi



INTERNSHIP INTERNSHIP



About this program

The integration trainee at Transport La Relance accompanies and assists truckers with deliveries while receiving training in semi-skilled trades. In addition to providing technical training, the practical training offers psychosocial monitoring aimed at improving socio-professional skills.

Our clients

The internship program targets clients who have socio-professional integration difficulties, experience personal difficulties, have insufficient general education, possess little or no experience in the Quebec labour market and lack confidence to obtain and maintain employment.

Program information

Individual meetings and group workshops

Duration: 700 hours

Eligibility criteria:

- Residency in Quebec
- Aged 16 years or older
- Canadian citizen, permanent resident or refugee status
- Unemployed

What we propose

- Paid work experience
- Socio-professional development workshops
- Housekeeping Attendant certification
- Individualized job search support
- Job retention for up to 2 years after program completion

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INTERNSHIP INTERNSHIP RENAISSANCE

About this program

The Renaissance trainee works in one of the region's Renaissance stores while receiving semi-skilled vocational training. In addition to technical training, the traineeship offers psychosocial support aimed at improving socio-professional skills.

Our clients

The internship program targets clients who have socio-professional integration difficulties, experience personal difficulties, have insufficient general education, possess little or no experience in the Quebec labour market and lack confidence to obtain and maintain employment.

Program information

Individual meetings and group workshops

Duration: 700 hours





Eligibility criteria:

- Residency in Quebec
- Aged 16 years or older
- Canadian citizen, permanent resident or refugee status
- Unemployed

What we propose

- Paid work experience
- Socio-professional development workshops
- Housekeeping Attendant certification
- Individualized job search support
- Job retention for up to 2 years after program completion

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