



# Introduction for Parents/Guardians

## Newcomer Youth Employment in Canada

School Settlement Programs are available to help you and your children with aspects of settlement including employment and education. This Newcomer Youth Employment Toolkit provides resources and support to help young people prepare for the world of work while making the most of their education and planning for their futures.

This Newcomer Youth Employment Toolkit is for young people to use so they can feel confident and prepared. It contains information about:

- ✓ Preparing a resume, cover letter, references, and candidate profile.
- ✓ Looking for, researching, and applying for work.
- ✓ Preparing for interviews and follow-ups.
- ✓ Being informed and prepared to start a new job.
- ✓ Identifying interests and talents to plan for future careers.
- ✓ Balancing work, school, goals and having some fun!
- ✓ Staying healthy and managing stress.

# Land Acknowledgement



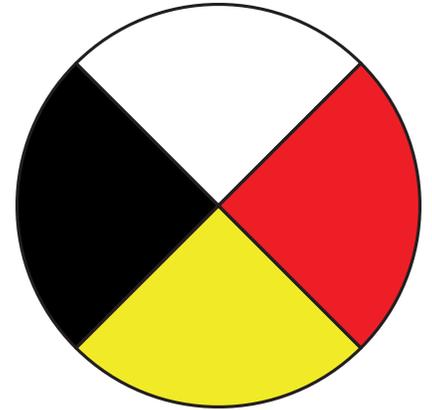
We acknowledge and respect that this Newcomer Youth Employment Toolkit was written in Mi'kmaw'ki, the ancestral and unceded territory of the Mi'kmaq People. This toolkit is for use by newcomers to the traditional territory of the of the Mi'kmaq, Wolastoqey First Nations, Peskotomuhkati Nation at Skutik, Beothuk, and Innu. We are thankful for having the opportunity to work in their territory and we engage ourselves in learning about our shared history and taking part in the process of reconciliation. To learn more about the important and urgent work of reconciliation on Turtle Island (North America), read the 94 calls to action as outlined by the Truth and Reconciliation Commission of Canada. We are all treaty people.

## Thank-you to the artist:

This page features artwork by artist Shianne Gould from Whycomomagh, Nova Scotia

Shianne Gould is a Mi'kmaq woman artist; She is 27 years old with one beautiful son who started helping her paint in 2018 the original painting called the *Essence of Life* which is now hung in the Friends United Gallery.

She has held shows around several Canadian locations including artwork that was on billboards in Toronto for the campaign called "For Our Children." In 2022, she illustrated a beautiful therapy book entitled "Eagle wings flapping, beaver learns to manage big emotions." In the same year, Shianne was invited to join the SOI foundation and was able to complete a stunning painting representing global warming. Now for the first time ever in the year 2023, she will be holding painting classes. Eager to support and empower others, Shianne is working towards building her own studio within her community for talented youth needing guidance.



## Painting description from the artist:

"Our culture on turtle island respects mother nature, the woman lying down, very highly. Women are a big part of our traditional ways in which they keep the peace and heal our people within our culture and others with open arms, as we stay strong together with the red dress movement becoming more aware of the world, the medicine wheel will remain strong. Day and night we live by the 7 Grandfather Teachings (Wisdom, Love, Respect, Bravery, Honesty, Humility, and Truth) here on the native lands, which are represented by the animals and the footsteps of our people."









## How can parents/ guardians help?

### Helping to develop a sense of belonging:

Newcomer youth want to feel a part of something and feel connected to others. This may be done through school programs, after-school programs, volunteering, work, and within the family sphere.

### Support and encouragement:

- Understanding the importance of and supporting participation in recreational activities
- Teaching them how to build healthy and respectful relationships with other peers
- Strengthening family ties through organizing regular activities that you do together
- Having conversations about their career plans and employment goals
- Being mindful of the responsibilities placed on youth to support the family (ex. navigator, caretakers, family interpreters, income-producers) and access services to support your settlement

## Did You Know...

- Almost half of those who immigrate to Canada are under 25 years of age (Statistics Canada, 2016).
- As the young population leads the way for a “new” Canada, it becomes imperative to support them in their settlement and education process.
- In our focus groups with newcomer youth they indicated they look for employment support from a variety of sources, including parents, siblings, friends, teachers, School Settlement Workers, school Guidance Counsellors, and community organizations they are connected to.

## Looking Forward...

This Newcomer Youth Employment Toolkit supports the present, and also encourages thoughtful planning for the future.

To help support youth through this journey parents and guardians can:

- ✓ Ask young people what they want to be when they get older
- ✓ What life they dream of having
- ✓ Support children to do well in school
- ✓ Encourage volunteering in different places to discover their interests
- ✓ Help with part time employment preparation, as well as long term career goals

This Newcomer Youth Employment Toolkit has information on all these topics and more.

