

122 W. Market St., Ste. 100, McConnellsburg, PA 17233

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Office will be closed in

observance of

Martin Luther King Jr. Day

Mon

Business Hours:

Hours: M-F 8:00 am to 4:00 pm

Phone: 717-485-5131 **Fax:** 717-485-9595 **TTY:** 717-485-3970

Email: jlynch@emp-trng.org whoover@emp-trng.org mpalmer@emp-trng.org gwaite@emp-trng.org

** Visit www.pacareerlink.pa.gov for job postings, career opportunities, events, and more!



No High School Diploma? Good News!! We offer Equivalency Diploma and Brush-up Classes. No Income Guidelines!

Call Glenda at 717-485-5131 and/or go to www.huntged.org for more details!

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***Free online courses available!

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 $\begin{array}{c} \textbf{SkillUp^{TM}\ PA}\ available\ for\\ \textbf{individuals\ registered\ with} \end{array}$

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Training courses provided through the Metrix Learning Portal.

Access your SkillUpTM PA account

at:

https://southernalleghenies.skillup america.org/

January 2025

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Tue

RESUME WRITING

WORKSHOP

1:30 PM - 2:30 PM

STRESS MANAGEMENT

WORKSHOP

1:30 PM - 2:30 PM

JOB SEARCHING

WORKSHOP

9:00 AM - 10:00 AM

JOB CORPS

WORKSHOP

1:00 PM - 3:00 PM

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Joyce, Wendy, or

Miriam at 717-485-5131

to register for workshops**

Workshops/Programs offered by Employment and Training, Inc.

Workshop/Program	Description
Interviewing Workshop	This workshop will assist the customer to prepare for job interviews. The interviewing workshop will provide the job seeker with insight to answering difficult interview questions.
Resume Writing Workshop	This workshop will assist the customer to develop a professional resume, write a career objective, and identify appropriate references.
Time Management Workshop	Attend this workshop to learn how to identify inefficiencies in your daily habits and streamline your routines.
Stress Management Workshop	Identify stress and learn tips and techniques for managing stress.
Civil Service Workshop	This is an informational workshop that will help job seekers understand the procedures required when applying for State Civil Service positions.
Job Searching Workshop	Staff will offer tips on looking for job openings primarily on the internet. We will offer suggestions for completing online job applications.
Basic Computer Workshop	Learn the basic skills in our hands-on workshop. How to use a mouse, basic word processing, Internet, hardware, software and more.
"Getting a Job in Today's Competitive Market" Workshop	This workshop will cover tips on resume writing, labor markets, applications, and interviews.

Please call Joyce, Wendy, or Miriam @ 717-485-5131 to sign up to attend a workshop!