



Help & Hope Committee

Are you Unemployed or Under-employed?
Let us help you with your search for employment.

Meetings

Every Wednesday evening
from 7:00 to 8:30 PM

No Fee, No Registration Required

San Miguel Room, Serra Center

Padre Serra Parish

5205 Upland Road

Camarillo, CA 93012

Join us, and others like you, for assistance with:

Focusing your job search

Improving Your Resume

Writing a Cover Letter

Networking Skills

Interviewing Skills

The Job Market and Where and How to Find Jobs

Get spiritual, emotional and practical support

Many other resources

More than 190 of your fellow parishioners, friends
and neighbors have come to us for assistance.

You are not in this search alone.

UNEMPLOYED? UNDER-EMPLOYED?

HELP & HOPE



**PADRE SERRA PARISH
5205 UPLAND ROAD
CAMARILLO, CA 93012**

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HELPNHOPE@VERIZON.NET**

TEL: (805) 482-6417,

EXT 359

Website: <http://helpnhope.org>

HELP & HOPE:

Who we are

What we do

The "Help & Hope Committee" at Padre Serra Parish in Camarillo began in March 2009. A group of parishioners saw a need to assist the unemployed and underemployed in the parish and our community to find employment. Since April 2009, the Help & Hope Committee has met with job seekers every Wednesday evening. Help & Hope has some basic goals. These include the following:

- Engaging people in the process of finding a job. We do not act as an employment agency.
- Provide a forum to support those who are unemployed through compassion and encouragement
- Provide basic job search tools for those seeking employment:
 - Focus job search on proven methods
 - Help job seekers do a self-assessment for a career change
 - Help job seekers develop a list of achievements with quantifiable results
 - Review resumes, or assist in writing a resume
 - Teach networking skills required
 - Teach interview skills required
- Direct job seekers to area workshops for job seekers (OPEN, Lighthouse Church)
- Provide critique of efforts by job seekers
- Encourage job seekers to focus their efforts on specific goals
- Discuss various aspects of the job search
- Our assistance is not limited to the meetings. Committee members spend

time meeting one-on-one, on the telephone and by email, assisting individual job seekers.

We want job seekers to understand that they are not alone in their search. By sharing their experience with others in the same circumstance, they can see that they are not alone. We strive to make them feel better about themselves. Some need to vent their frustration.

Each person who comes to us is in a different stage of the process. Some have just lost their job. Some have been unemployed for many months. Some are returning to the work force, as a result of their spouse's unemployment. Some who come to Help & Hope are friends, or former co-workers, or parishioners in our group. Our efforts are not limited to Padre Serra parishioners.

The difficulties in finding employment today are a result of several factors. These include the following:

- Huge level of competition for every open position.
- Many of the jobs and types of jobs that once existed no longer exist
- Because of the huge number of applicants, the screening process is brutal and very selective
- Ageism is an unfortunate reality. With effort it can be overcome. Experience and skill have value.
- Many of our job seekers are unprepared for, or are unfamiliar with, the steps required to get a job in today's market
- Some people seem unwilling to put in the effort that is required to get a job
- Networking is either not done, or done ineffectively, resulting in a failure to gain

an entrée to an interview

- Some people are unwilling to accept the new economic reality of lower wages being offered for all positions
- Some people think unemployment insurance will go on forever
- Some people become discouraged and stop looking for employment altogether

We provide the tools people need to find a job, obtain an interview and get through the hiring process.

The heavy lifting of implementing each step of this process is up to each job seeker. We are the coaches, but each job seeker must implement his/her own individual plan. We help provide focus and encouragement.

We help everyone who comes to our meetings. Bring your neighbors, friends, co-workers.

If you are looking for work, don't let another week go by dealing with this on your own.

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