

# Improve Your Employment Chances Through Training

Do you need to update your skills or acquire new ones in order to stay employed, find work or change jobs?

If you are eligible for the Manpower training measure, you can receive an employment-assistance allowance and be reimbursed for training-related expenses.

## You are eligible if

you are at risk of long-term unemployment and training will allow you to find work;  
and

- you stopped being a full-time student at least 24 months before the training activity (certain exceptions apply);
- you satisfy all the admission requirements of the program or the educational institution offering the training;
- you have Canadian citizenship or permanent resident status, or have received a letter of acceptance from the Immigration and Refugee Board.

## Participation time

Training activities must be full-time.

To find the local employment centre nearest you, visit [emploiquebec.net](http://emploiquebec.net) or call 1 888 643-4721.

### **If you are eligible for the manpower training measure:**

You must meet with an employment services officer at your local employment centre (CLE) for an assessment.

Depending on your circumstances, labour market needs and the regional priorities defined by Emploi-Québec, a training activity may not be the best solution for you.

But don't worry, other services are available to help you find work.

### **For more information**

Log on to [emploiquebec.net](http://emploiquebec.net) or visit your CLE.

*Québec is responsible for active employment measures and certain functions of the National Employment Service that are funded by Canada's Employment Insurance Account.*