

Employment & Training Resources

Support For Job Seekers and Employers

Choose the path that best fits your situation:

I Lost My Job or Had My Hours Reduced

Step 1: Apply for Employment Insurance (EI)

EI may provide temporary income support while you search for work or complete training. Review eligibility and apply as soon as possible.

Step 2: Connect with [WorkBC](#)

WorkBC can help with:

- Job search support
- Resume and interview preparation
- Career planning
- Training opportunities
- Wage subsidy programs

Step 3: Explore Training and Career Transition Supports

If you're considering a new career or upgrading your skills, review the training and education resources listed in this guide, including SkilledTradesBC, CNC, UNBC, and WorkBC training programs.

I'm Looking for Training or a New Career

You may be eligible for:

- Trades training and apprenticeship programs
- Post-secondary education and continuing education

- Career transition services
- Employment readiness supports
- Entrepreneurship training and business startup programs

I'm an Employer or Contractor Facing Workforce Challenges

Looking to Avoid Layoffs?

Review:

- Work-Sharing Program
- Worker Retention Grant
- BC Employer Training Grant

Looking to Hire or Retain Workers?

Connect with:

- WorkBC Employer Services
- Recruitment and staffing agencies
- Northern Immigration Services for workforce recruitment support

Looking for Training Funding?

Explore available employer training and workforce development grants listed in the Employer Resources section.

Need Support Right Now?

Job loss and economic uncertainty can be stressful. You do not need to navigate these challenges alone.

Mental health and wellbeing supports are available, including:

- 310 Mental Health Support (310-6789)
- Northern BC Crisis Line
- Foundry BC (youth ages 12-24)
- HealthLink BC (811)

FOR WORKERS

SUPPORT PROGRAM NAME	LINK	BRIEF DESCRIPTION
WorkBC Employment Services	https://www.workbc.ca/	Provides career planning, résumé assistance, job search support, interview preparation, job placement, wage subsidies, skills training, and self-employment support.
Employment Insurance (EI) Benefits	https://www.canada.ca/en/services/benefits/ei.html	Temporary income support for eligible workers who lose employment or cannot work due to illness, caregiving, parental leave, or other qualifying circumstances.
EI-Related Tariff Temporary Measures	https://www.canada.ca/en/services/benefits/ei/temporary-measures-for-major-economic-conditions.html	Temporary measures for workers impacted by tariffs, including waived waiting periods and additional weeks of EI benefits.
Build Your Own Future (BYOF)	https://northerninnovation.ca/byof/	Entrepreneurship program offering business training, coaching, mentorship, workshops, and up to \$5,000 in startup funding for eligible participants.
Kopar Administration Ltd.	https://koparadmin.ca/	Connects workers with training opportunities and skilled trades employment.
Prince George Nechako Aboriginal Employment and Training Association (PGNAETA)	https://www.pgnaeta.bc.ca/	Employment, education, skills training, and workforce development services for Indigenous job seekers.
STEP Program	https://stepbc.ca/	Employment and workforce development services for unemployed and underemployed individuals.
PICS Northern BC Workforce Career Transition Program	https://pics.bc.ca/	Career transition and workforce support services for workers affected by labour market changes.
WorkBC Training Support	https://www.workbc.ca/discover-employment-services/workbc-centres	Connects workers with funded training opportunities for career transitions.
SkilledTradesBC	https://skilledtradesbc.ca/	Provides apprenticeship, certification, and skilled trades training programs.
Construction Foundation of BC (CFBC)	https://cfbc.ca/	Offers trades training, mentorship, apprenticeship support, mental health supports, and workforce development programs.
Community Workforce Response Grant (CWRG)	https://www.workbc.ca/employers-industry/funding-programs/community-workforce-response-grant	Funds short-term skills training initiatives responding to major workforce disruptions and labour shortages.
Community and Employer Partnerships (CEP)	https://www.workbc.ca/employers-industry/funding-programs/community-and-employer-partnerships	Funds projects that create employment, training, and work experience opportunities for unemployed British Columbians.

Service Canada (EI, CPP, OAS)	https://www.canada.ca/en/services/benefits/ei.html	Access point for Employment Insurance, Canada Pension Plan, Old Age Security, and related federal programs.
O'Brien's Training Centre	https://www.obrientraining.com/	Industry-recognized safety, equipment, and occupational training for construction, forestry, mining, and industrial sectors.
College of New Caledonia (CNC)	https://cnc.bc.ca/	Offers post-secondary education, trades training, continuing education, and workforce development programs.
Vocational Training Centre	https://vocationaltrainingcentre.com/	Provides employment readiness, life skills, vocational training, and supports for individuals with diverse abilities.
University of Northern British Columbia (UNBC)	https://www.unbc.ca/	Offers undergraduate, graduate, professional development, and workforce development programs.
Northern Immigration Services (NIS)	https://www.ncimmigrationservices.ca/	Supports newcomers with settlement, housing, employment, and community integration services.
Immigrant & Multicultural Services Society (IMSS)	https://www.imss.ca/	Provides settlement, language, employment, and integration services for immigrants and refugees.
ISSofBC Career Paths for Skilled Immigrants	https://issbc.org/	Helps internationally trained professionals connect their credentials and experience to jobs in BC.

FOR COMPANIES & CONTRACTORS

SUPPORT PROGRAM NAME	LINK	BRIEF DESCRIPTION
Work-Sharing Program	https://www.canada.ca/en/employment-social-development/services/work-sharing.html	Helps employers avoid layoffs during temporary downturns by reducing work hours while employees receive EI support.
Worker Retention Grant for Work-Sharing Employers	https://www.canada.ca/en/employment-social-development/services/funding/worker-retention-grant.html	Supports employers with active Work-Sharing agreements by funding training opportunities for employees during reduced work hours.
BC Employer Training Grant (ETG)	https://www.workbc.ca/find-loans-and-grants/industry-and-employers/bc-employer-training-grant	Reimburses up to 80% of eligible training costs to help employers upskill workers and improve retention.
Canada-BC Workforce Tariff Response Forestry Grant	https://www.northerndevelopment.bc.ca/funding-programs/partner-programs/canada-bc-workforce-tariff-response-forestry-grant/	Supports forestry workers, employers, contractors, and communities affected by tariffs and industry disruption through training and workforce transition funding.
Labour Market Partnerships (LMP)	https://www.workbc.ca/employers-industry/funding-programs/community-and-	Funds labour market research, workforce planning, and strategies that address labour market challenges.

	employer-partnerships/labour-market-partnerships	
Sector Labour Market Partnerships (SLMP)	https://www.workbc.ca/find-loans-and-grants/industry-and-employers/sector-labour-market-partnerships-program	Funds industry-led projects that help employers and workers respond to changing labour market conditions.
CORE Recruitment	https://www.corecruitment.com/	Recruitment and talent management services for skilled trades, labour, technical, and professional roles.
Excel Personnel Inc.	https://www.excel.bc.ca/	Customized recruitment, staffing, HR, and talent acquisition services.
Intrepid Careers	https://careers.intrepidtravel.com/	Recruitment, candidate sourcing, screening, testing, interview support, and placement services.
Northern Immigration Services (NIS)	https://www.ncimmigrationservices.ca/	Assists employers with recruiting and retaining foreign workers and navigating immigration pathways.
WorkBC Employer Services	https://www.workbc.ca/	Connects employers with job seekers and provides hiring, labour market, training, and workforce planning supports.

MENTAL HEALTH & WELLBEING

SUPPORT PROGRAM NAME	LINK	BRIEF DESCRIPTION
310 Mental Health Support	https://helpstartshere.gov.bc.ca/resource/310-mental-health-support	Free BC crisis line (310-6789) providing emotional support, mental health information, and referrals.
Northern BC Crisis Line	Phone: 1-888-562-1214	Crisis intervention and emotional support service for individuals experiencing mental health distress.
Foundry BC	https://foundrybc.ca	Mental health, substance use, medical, and wellness services for youth aged 12-24.
Community Acute Stabilization Team (CAST)	Phone: 250-645-7740 Pathways Community Acute Stabilization Team (CAST) - Mental Health and Addictions	Short-term counselling, crisis response, addiction support, and stabilization services for adults.
Northern Health Virtual Clinic	https://www.northernhealth.ca/services/digital-health/virtual-clinic	Virtual care service that also provides mental health and substance use supports.
HealthLink BC	https://www.healthlinkbc.ca	24/7 health information and navigation service connecting residents to nurses, pharmacists, and health resources.
Help Starts Here	https://helpstartshere.gov.bc.ca	Provincial mental health services directory helping individuals locate supports and services.
Credit Counselling Society	https://www.nomoredebts.org	Financial counselling and debt support services that contribute to financial wellbeing.

Opioid Agonist Therapy (OAT) & Harm Reduction Services	Northern Health (277 George St., Prince George) Opioid agonist therapy - First Nations Health Authority (FNHA)	Medication-assisted treatment, counselling, naloxone distribution, harm reduction supplies, and STI/HIV testing.
Toward the Heart Site Finder	https://towardtheheart.com/site-finder	Online tool to locate harm reduction and overdose prevention services.
Mobile Harm Reduction Supplies (Wellness Truck)	Phone: 250-960-9777	Mobile evening service providing harm reduction supplies and outreach support.

Need Help Finding the Right Program? Contact the City of Prince George Economic Development Office or visit WorkBC for personalized guidance and support.

Phone: 250-561-7633 | Job Seekers: moveuppg.ca | Businesses: investprincegeorge.ca