



# A Guide to Programs and Services for Workers and Jobseekers in Minnesota

A white outline map of the state of Minnesota is positioned to the right of the title text.

## CareerForce Services

*Are you looking for work and need help in your job search? Do you want to explore training options for in-demand careers you might qualify for? CareerForce staff have years of experience and training that help them connect people with good jobs and great career paths. They are experts in knowing about jobs, how to find them, get them and retain them. They also know about local and statewide resources available to individuals as they seek new or better jobs.*

### CareerForce can help you:

- » Match your skills, experience and interests to employment
- » Find out if you're eligible for any of the programs and services listed in this guide
- » Update your resume and prepare for interviews
- » Determine if you are eligible for other services while you seek employment

## Unemployment Insurance (UI)

UI benefits provide a temporary, partial wage replacement to workers whose hours have been greatly reduced, or who are unemployed, through no fault of their own.

[www.uimn.org/applicants/index.jsp](http://www.uimn.org/applicants/index.jsp)

## Dislocated Worker Services

Dislocated Worker services are designed to help workers who lost a job through no fault of their own have been laid off get back to work as quickly as possible. Recently expanded eligibility means more Minnesotans than ever qualify for these services.

If you are eligible for Dislocated Worker services, you may receive:

- » Career planning and counseling
- » Counselor-approved training
- » Job search and placement services
- » Resources to support your job search
- » Resources to start or grow a business through CLIMB

[CareerForceMN.com/dislocatedworker](http://CareerForceMN.com/dislocatedworker)

[CareerForceMN.com/CLIMB](http://CareerForceMN.com/CLIMB)

## Trade Adjustment Assistance (TAA)

The TAA program is available to workers who lose their jobs, hours or income as a result of increased foreign trade activity. Workers may be eligible for training services, job search allowances, relocation allowances and reemployment services.

[CareerforceMN.com/TAA](http://CareerforceMN.com/TAA)

### Help online, on the phone or in person— all at no cost to you

- » Find contact information for staff at a location near you by using the easy to use search tool at: [CareerForceMN.com/locations](http://CareerForceMN.com/locations)
- » **Want to call someone to get help?** You can reach the CareerForce Information and Assistance Line at 651-259-7500 and they'll get you connected with staff who can help you

## Veterans Employment Services

Current or former military members, no matter era of service, receive priority services in all CareerForce locations. In addition, specially trained Veterans Employment Representatives assist veterans who have been recently discharged or left active duty; or have challenges finding or keeping a job; or have a service-connected disability.

[CareerforceMN.com/veterans-resources](http://CareerforceMN.com/veterans-resources)

## Adult Employment and Training Programs

There are many employment and training programs to assist adult job seekers. Talk with staff at a CareerForce location near you to find out more.

Visit [CareerForceMN.com/locations](http://CareerForceMN.com/locations) or call 651-259-7500

## Youth Employment and Training Programs

A variety of programs are available to help youth who come from low-income families, have difficult barriers to employment, and are at the greatest risk of suffering serious setbacks in life without extra help and professional guidance. These programs are designed to help at-risk teens and young adults find jobs, build job skills, learn specific trades, and explore education, training, and career options.

Visit [CareerForceMN.com/locations](http://CareerForceMN.com/locations) or call 651-259-7500

**A Guide to Programs and Services continued on next page >>**



## Minnesota Family Investment Program (MFIP)

MFIP and the Temporary Assistance for Needy Families (TANF) Program offer employment-related services for clients making the transition from public assistance to work.

[tinyurl.com/mndhsmfip](https://tinyurl.com/mndhsmfip)

## Supplemental Nutrition Assistance Program (SNAP)

SNAP provides food support to adults between the ages of 18 and 50 who do not receive other cash assistance with services and who must comply with work requirements by participating in work or work-related activities.

[tinyurl.com/dhssnap](https://tinyurl.com/dhssnap)

## MN Family Resiliency Partnership (MFRP)

MFRP, also known as the Displaced Homemaker Program (DHP), helps individuals who have worked primarily as an unpaid caregiver for home and family develop the marketable skills to find and maintain a job.

[www.mn.gov/deed/programs-services/adult-career-pathways/grants/displaced-homemakers](https://www.mn.gov/deed/programs-services/adult-career-pathways/grants/displaced-homemakers)

## Senior Community Service Employment Program (SCSEP)

This program provides paid part-time community service assignments for people 55 years or older who are low income. Community service assignments are used as training opportunities to gain marketable employment skills.

[CareerforceMN.com/SCSEP](https://CareerforceMN.com/SCSEP)

## State Services for the Blind (SSB)

SSB provides the tools, training and technology to help people who are blind, visually impaired, DeafBlind or experiencing vision loss to live independently and to prepare for, find and keep a job.

[www.mn.gov/deed/ssb](https://www.mn.gov/deed/ssb) or call 651-539-2300

## Vocational Rehabilitation (VR) Services

Our VR Services unit can help persons with disabilities prepare for, find and keep a job, and live as independently as possible.

[CareerforceMN.com/disability-resources](https://CareerforceMN.com/disability-resources)

## Work Opportunity Tax Credit (WOTC)

WOTC is a federal tax credit available to all private-sector businesses as an incentive to employers to hire workers in certain groups who consistently experience high rates of unemployment. Employers, not job seekers, apply for this tax credit. However, it is useful for job seekers to know about WOTC, since they can bring it to the attention of a potential employer.

[CareerforceMN.com/work-opportunity-tax-credit](https://CareerforceMN.com/work-opportunity-tax-credit)

## Minnesota Federal Bonding Program

Sometimes employers are reluctant to hire workers they view as risky, such as someone with a record of arrest, a history of drug or alcohol abuse, suitable employment history or other reasons. Bonding is no-cost employee insurance that protects employers against employee theft of money or property. Employers, not job seekers, apply for these bonds. However, it is useful for job seekers to know about the program, since they can bring the bonds to the attention of a potential employer.

[CareerForceMN.com/federal-bonding](https://CareerForceMN.com/federal-bonding)

## Adult Basic Education (ABE)

Adult Basic Education (ABE) is available at little to no cost to adult learners throughout the state. ABE services include Adult Diploma, High School Equivalency (General Educational Development (GED) and High School Equivalency Test (HiSET), English as a Second Language (ESL or EL), Career Pathways, Family Literacy, Basic Skills Enhancement, Workplace Literacy, and U.S. Citizenship/Civics. Find an ABE program near you:

[CareerForceMN.com/abe-list](https://CareerForceMN.com/abe-list) or by calling 800-222-1990 or texting 612-424-1211

## MinnesotaWorks.net

MinnesotaWorks.net is the state's searchable online jobs database. View thousands of job listings from private employers statewide, upload a resume, apply for jobs online, manage and track job search efforts, and sign up for email notification of new job listings.

[MinnesotaWorks.net](https://MinnesotaWorks.net)

## Migrant and Seasonal Farm Workers Services

If you travel to Minnesota to help cultivate or harvest crops or work in food processing or other seasonal agricultural-related employment, there are services available to you. Migrant and Seasonal Farmworker Services can help you find work, connect you with community resources, assist you if you have a problem with an employer, and provide you with information regarding CareerForce services.

[CareerforceMN.com/migrant-and-seasonal-farmworker-services](https://CareerforceMN.com/migrant-and-seasonal-farmworker-services)

Careerforce is an equal opportunity employer and service provider. Upon request, this information can be made available in alternate formats for individuals with disabilities. Any individual requiring an accommodation to access services at a CareerForce location should contact the CareerForce location directly. A proud partner of the American Job Center Network.

[CareerForceMN.com](https://CareerForceMN.com)

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