

## ACBDD Employment First Newsletter

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Questions about employment  
or advocacy?

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*We are all connected. Think  
of “who you know” and  
“where you go” that could  
help you find a job.*

*-Tammy*

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Thinking about work but not sure where you want to work or where to start?

Often the key to finding employment is knowing people.

Think about the people in your life and where they work. Then, ask them about their job and what they like about their jobs. If what they do sounds interesting, ask if they are hiring and how you go about applying to work there. They may even give you a good reference.

Another way to explore work is to think about where you go in the community. Are there places you go that might have jobs that could be a good fit for you? If so, ask employees or managers there about job openings and how you could apply.

Lastly, explore ways to volunteer in the community. Places like social groups, hospitals, churches or school are a good start. Time spent volunteering can help you to explore your interests. Volunteering may even connect you to the right people to help you find a paid job using the skills you learned!

So, remember, start with “who you know” and “where you go” to move forward on your path to employment! Good luck!