

WorkBC Centre Terrace

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#WorkBC Terrace



NEWSLETTER

WORKBC CENTRE TERRACE NEWSLETTER-FALL 2026

WELCOME

At WorkBC Centre Terrace, we believe that everyone has a place in the workforce. We are here to assist you in finding and achieving your employment goals. Through our newsletter, we share client success stories, program information, and employment resources to keep you informed and inspired. It is a great way for us to stay connected and support you along your employment journey.



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WORKBC CENTRE TERRACE

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By Deepshikha Pal



Michelle is thriving at Save-On-Foods.

When Michelle first learned about WorkBC, reaching out for support was not easy. At the time, she was working at Suzanne's Store in Terrace, which was preparing to close permanently, and she was receiving EI. She felt shy and uncomfortable about asking for help. As the store's closing date approached, a WorkBC representative named Rita visited the store to hand out information cards and explain available resources to the staff. Though Michelle accepted a card, she was initially hesitant to use it. Eventually, she decided to take a chance and booked an appointment with Employment Advisor Rose at WorkBC.

"I never expected that one WorkBC card would lead me to where I am today." Michelle reflects.

With WorkBC's support, Michelle updated her resume, explored education options at Coast Mountain College, and began searching for new employment opportunities. Determined to find the right fit, she took the initiative to hand-deliver her resume to local businesses, including Save-On-Foods. Her hard work paid off when Save-On-Foods reached out to her for an interview. What started as a job opportunity has now turned into almost two years of growth and new experiences. "Taking that first step and reaching out to WorkBC gave me the confidence to move forward," she says.

Since joining Save-On-Foods, Michelle has worked in several areas, including cashiering, bulk, e-commerce, pricing, office work, and scheduling. She has faced many challenges along the way, from managing difficult customer situations and different personalities to taking on new responsibilities and learning new skills. Through it all, she has remained patient, hardworking, and willing to learn.

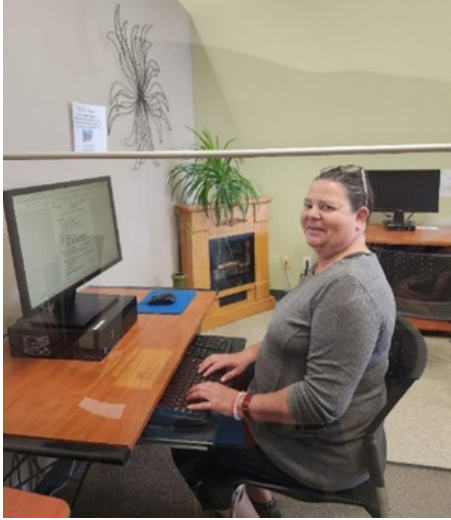
"Every challenge has helped me become more confident and patient in my work," Michelle says. "Sometimes you just have to step outside your comfort zone and give yourself a chance."

Her dedication did not go unnoticed. Michelle was recently offered the position of Assistant Manager and was nominated for the 2026 Personal Achievement Award. What began as a stressful career transition has turned into a fulfilling career she truly enjoys.

"I was so shy and uncomfortable reaching out at first, but I'm glad I made that appointment," she says. "I kept applying, I handed out my resume, and eventually I got my opportunity. I'm really happy with where I am now and I love what I do."

Michelle's story is a reminder that asking for support, believing in yourself, and staying persistent can open doors to a career you never expected.

By Sarah Strachan & Shelly Haynes-Marrelli



Ruth built the skills and confidence to move forward.

Ruth moved to Terrace with her daughter after her daughter found work locally. Although Ruth had more than 25 years of customer service experience, she had often found jobs through people she knew. In a new community with few connections, she worried that her past criminal record would make it difficult to find work.

Ruth also worked as a bus driver in 2010, but she had a seizure while driving. "That's how I learned I had a traumatic brain injury from childhood," Ruth recalled. "I've been able to control my seizures with medication since 2019" she explained. "Medication and the type of job helps to control my seizures."

When Ruth came to WorkBC Centre Terrace, she was unemployed and receiving BC Employment Assistance. Her barriers to employment included being new to the community, limited job search and interview skills, limited transportation, and a brain injury that requires medication to control her seizures.

At WorkBC Centre Terrace, Ruth worked one-on-one with her Employment Advisor, Shelly, and accessed supports in the Resource Centre to practice tailoring her resume and cover letters, applying for jobs, and printing required documents. "The Resource Centre Workers helped to review my resumes and cover letters for specific jobs" Ruth shared. "Staff at Resource is very motivating and encouraging."

With her Employment Advisor, Ruth explored her interests, identified the skills she wanted to use in her next job, and reviewed job postings to understand what employers were seeking. They also identified transferable skills from her work history that matched the jobs that interested her. Her Employment Advisor also prepared Ruth for her job search through mock interviews, follow-up strategies, and ways to stand out, such as sending a thank-you note. "My Employment Advisor helped me to practice responding to tough interview questions. In addition, I gained more skills for marketing myself." Ruth noted.

Ruth was also provided with financial supports throughout her employment journey. One of those supports was funding for counselling sessions. Ruth shared, "WorkBC provided funding for counselling when I was dealing with my depression and work situation."

Through her job search, Ruth gained employment at Skeena Respiratory Solutions Inc., where she worked until its closure. "Even though I find myself having to look for work again because Skeena Respiratory Solutions Inc is closing, I feel I have the skills to allow me to find another job and succeed." Ruth reflected. Ruth used the skills she gained through her work with Shelly and is now working at Ksan Society as a Cook.

Ruth's story is a reminder that barriers do not define a person's potential. Through determination, skill development, and the right support, new opportunities can lead to lasting success.

Did you know WorkBC has FREE services to help with your job search ?

WorkBC Centre Terrace provides FREE services to help you achieve your employment goals!

Our knowledgeable Employment Advisors offer a variety of services including:

- Resume Assistance
- Career Decision Making
- Workshops
- Job Search Assistance
- Employment Counselling
- Disability Supports
- Customized Employment
- Job Start Financial Supports
- Short Term Certificate Training
- Occupational Skills Training
- Wage Subsidies
- Self Employment Services



Access Self Serve Services in our Resource Room:

- Computer workstations, Internet and Wifi
- Telephone, Photocopy and Scanning Equipment
- Resource Room Staff Support
- Job Start Financial Supports

If you are unsure where to start your employment journey contact us by visiting our office at 101- 4622 Greig Ave or calling us at 250-638-8108 or toll-free 1-877-638-8108.

Virtual services are available by phone or video chat!

Valuable links for your job search

WorkBC Job Board

<https://www.workbc.ca/Jobs-Careers/Find-Jobs.aspx>

Indeed <https://ca.indeed.com/>

WorkBC Centre Terrace

<https://workbccentre-terrace.ca/jobs/>

Here is the link to apply with Newmont Mining Ltd at the Brucejack and Red Chris mines sites
<https://www.newcrest.com/careers/current-opportunities>

Some links to updates regarding the Cedar LNG project: <https://www.cedarlng.com/jobs/>

Interested in taking a Workshop?

For information about our in-person workshops you can find the workshop poster on our Facebook page - [WorkBC Terrace](#) or our webpage workbccentre-terrace.ca

Contact us at 250-638-8108 for more information.