



FOR IMMEDIATE RELEASE

Navigating Careers Amidst a Global Pandemic: Canada Career Month 2020

OTTAWA (November 9, 2020) – November marks Canada Career Month, an annual celebration of the importance of meaningful, accessible work in Canada. Organized by the Canadian Council for Career Development (3CD), the campaign looks to spread awareness on issues relating to employment and career development for Canadians. As a national representative of career counsellors, the Canadian Counselling and Psychotherapy Association's (CCPA) membership is excited to be involved with Career Month and help guide Canadians on their career path.

Each year, November's Canada Career Month works to advance the agenda of access to meaningful work, and recognizes the contributions of all those career counsellors that help Canadians prepare for future careers and navigate the labour market. Career development professionals support the personal and professional growth throughout the lifespan which is necessary for individuals to learn and acquire new skills and transition to meaningful employment.

The 2020 Career Month theme is "On the Move: Stories of Career Resiliency". This year's theme highlights the resiliency of Canadians over the last several months during the COVID-19 global pandemic.

A key component of CCPA's membership is career counsellors. Career counsellors help people prepare for entry, re-entry, transition within or leaving the employment market. They play a vital role in supporting individuals to determine and implement the next steps in their career development, which may be more education or training, a change in career paths, or navigating life transitions.

"The COVID-19 pandemic has been a difficult time for Canadians, with millions of jobs and thousands of businesses at risk," said Dr. Kathy Offet-Gartner, CCPA President-Elect. "We want Canadians to know that there is hope and that now may be the right time for them to consider career counselling to obtain assistance to explore the various emerging options and opportunities."

Throughout the month, [virtual events](#) will be hosted to help Canadians navigate the labour market and gain tools for a brighter future. CCPA nation-wide [Canadian Certified Counsellors \(CCCs\)](#) who hold a specialization in career counselling are available to support individuals with career development, planning, training and employment.

"I am proud to be a career counsellor and help others realize their full career potential," said Dawn Schell, President of CCPA's Career Counsellors Chapter. "If you are recently unemployed or are looking to find a more fulfilling career, we're here to help you find success and satisfaction."

For more information on Canada Career Month, please visit: <https://careermonth.ca/>.



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

professional development and direct contact with professional peers and specialty groups. CCPA promotes the profession and its contribution to the mental health and well-being of all Canadians.

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