

PCC Metro Center

5600 NE 42nd Avenue Portland, OR 97218 Tel: 971-722-2000

TANF Participant Programs

Job Search Orientation

[Participant profile: Job-ready, current resume, recent work history.]
Job search tools such as Master Application, social media, resume writing, job search motivation, empowerment, assessments, Oregon labor market info, current job listings, resources & referral and how to complete job logs.

Work Experience

[Participant profile: Limited or no recent work experience, in need of good work reference.]
Volunteer internship opportunities in wide variety of public, private and not-for-profit workplaces. Build skills, expand experience and gain references for the future.

Discovering Options

[Participant profile: Limited or no work experience, poor job retention, multiple employment barriers.]
Skill-building, career planning and coaching. Presentations from knowledgeable, motivational guest speakers. Personalized résumé, cover letters, disclosure letters, mock interviews and life skills, master application completion.

JOBS Plus

[Participant profile: Job-ready but unfruitful job search, needing additional job related skills.]
Paid employment in wide variety of public, private and not-for-profit workplaces, learn valuable workplace skills, 6 month duration, often leading to direct hire.

Wellness Services

[Participant profile: All skills levels experiencing employment barriers related to health wellness.]
Services for clients seeking support for mental health and wellness. Information about resources in the community are provided to address mental health or substance abuse issues for individuals and families.

Medical Case Consultant

[Participant profile: All skills levels experiencing employment barriers related to physical health and wellbeing.]
Services to assess and assist clients who are experiencing medical barriers that are preventing them from accessing training, education or employment.

GED

[Participant profile: All skills levels interest in training and continuing general education diploma (GED).]
Individualized assessment and placement, program exploration and selection to meet individual needs. GED preparation classes, tutoring, one on one coaching, practice exams and final exam support and referral.

Vocational Training

[Participant profile: Beginning level education.]
Training and continuing education to obtain higher wage jobs, credentials and certifications in support of achieving career goals. Program and career exploration, securing funding, internships, apprenticeships, informational interviews.

English Language Learners

[Participant profile: English language learner interest in gaining employment skills.]
Employment-focused English language coaching, specialized résumé creation, one-on-one personalized program development, personalized job development, utilizing language translation services as needed.

Career Launch

[Participant profile: All skills levels interest in training & continuing education.]
One week-long training-based course specifically designed to prepare participants for training. Starting from a GED, to an Associates Degree or higher, Career Launch gives the tools, assessments and resources as well as Portland Community College Advisors and staff to assist in the transition to training. A day on a PCC Campus is included for a truly immersive experience!

Life Skills

[Participant profile: Limited work place skills & habits, decision making, budgeting, & relationship building.]
Group & 1:1 support with career assessments, develop helpful work place habits & social skills. Research and improve skills to: Building self esteem, Employment retention, work life balance, problem solving, budgeting, parenting, time-management, and more.

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For additional resources, or to provide feedback, please see <http://www.pcc.edu/about/accessibility>



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Community Education Programs

Senior Studies Institute

[Participant profile: All Older Adults.]

PCC offers a unique program for dynamic older adults who want to expand their horizons and connect with others. SSI offers learning in a pressure-free atmosphere – no grades, no bell curves, no tests, no papers, no compulsory attendance, no competitive pressures and no formal faculty. SSI is a member-driven organization and course proposals are generated by the membership. SSI is special because its members plan, conduct and run the institute's programs and classes.

Spanish

[Participant profile: Any community member.]

Fast Paced – Studied Spanish long ago but forgot most of it? Join the fast-paced beginners' class for those with previous yet rusty experience. We will converse in basic present tense and quickly move on to past and future.

Upholstery

[Participant profile: Any community member.]

Breathe new life into old furniture with the skills you learn in this class. An upholstery kit and some supplies provided. You provide project and fabric. Beginning – Bring an old upholstered stool or a simple dining room chair. You'll master the basic skills that will allow you to move on to more complex project.

Additional PCC Metro Center Services

NUNM Community Health Center

[Participant profile: any PCC students, Metro participant, and community members.]

CHC offers integrative medical care by the region's foremost naturopathic physicians and their finest medical interns—all working together to bring you coordinated care. Your improved health is our goal. Your primary care team will provide you with the most effective healing treatment options to address your unique health concerns, and assist you in achieving and maintaining your ideal state of health and wellness.

The NUNM health centers address a wide range of health concerns, including nutrition, allergies, diabetes, STD testing and treatment, cold/flu, digestive disorders, preventive care, and more. We look forward to being your partner in good health!

Employment Marketplace

[Participant profile: All job seekers all welcome – open to the public.]

Weekly job fair featuring presentations by employers to match job seekers' skills and abilities with employers' immediate job openings. Meet employers face to face and engage in hiring-related Q & A.

Friday : 9:00-10:30am
PCC Metro Center
5600 NE 42nd Avenue Bldg. 2
Portland, OR 97218

pcc.edu/metro

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