

## Central New York

# New York State Career Centers

## Convenient NO COST Job Search Services

### Career Counseling

Our counselors will help you assess your needs, skills and interests. They will guide you through a step-by-step process to help you in your job search.

### Resume Development

Expert staff will help you write and design a resume that gets results. We will show you how to tailor your resume and how to market your skills on the Internet.

### Workshops & Job Clubs

You can explore topics in a group setting, including:

- Job Search Strategies
- Networking
- Salary Negotiations
- Transferring Skills
- Resume Preparation
- Managing Stress
- Finances and Budgeting
- Practice Interviewing

### Resource Rooms: Computer/Internet, Phone, Fax and Copier Access

Job seekers can use our personal computers, equipped with high-speed Internet connections. We have telephones that allow you to speak privately to prospective employers. There are printers, copiers and faxes available for your use at no charge.

### Adult Basic Education/English as a Second Language

We can refer you to no-cost courses to help you earn a high school equivalency diploma or to improve your English-language skills.

### Job Search Resources and Job Placement Assistance

Businesses throughout New York State list job openings with the Labor Department. You can review job boards and online job openings. Placement Specialists can also help you make a targeted job search.

### Events and Recruitments

Many businesses use our centers to conduct job recruitments and on-site interviews. Visit [www.labor.ny.gov](http://www.labor.ny.gov) or ask our Career Center staff for a list of upcoming recruitments and events.

### Vocational Classroom and On-the-Job Training (For Those Who Qualify)

We can provide short-term training for long-term careers. (Subject to funding availability and program regulations.)

### Internet-Based Job/Talent Bank

You can use this site to post your resume and search local or national job openings from your home at any hour of the day or night.

Go to: [www.labor.ny.gov/jobs](http://www.labor.ny.gov/jobs) or [www.jobzone.ny.gov](http://www.jobzone.ny.gov)

### Accommodations and Adaptive Technology

If you have a disability and need an accommodation or assistance in order to fully benefit from services offered at the Career Center, please let our staff know. Our Career Centers have adaptive technology to help you access resources, including: screen readers, magnifiers, text-to-speech software, TTY text telephone, trackball, and large-print keyboards.

### Find Your Career Center

Visit: [www.labor.ny.gov/career-center-locator](http://www.labor.ny.gov/career-center-locator)



**Department  
of Labor**

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## **Central New York New York State Career Centers**

### **Cayuga Works**

199 Franklin Street, Suite 204  
Auburn, New York 13021  
315-253-1590

[www.cortland-co.org/cayugaworks/  
cayugahome.asp](http://www.cortland-co.org/cayugaworks/cayugahome.asp)

### **Cortland Works**

99 Main Street  
Cortland, New York 13045  
607-756-7585

[www.cortland-co.org/cortlandworks/  
cortlandhome.asp](http://www.cortland-co.org/cortlandworks/cortlandhome.asp)

## **Oswego Workforce New York**

200 North 2nd Street  
Fulton, New York 13069  
315-591-9000

[www.yourcareerconnection.org/](http://www.yourcareerconnection.org/)

### **Working Solutions**

133 N. Court Street  
Wampsville, New York 13461  
315-363-2400

[www.working-solutions.org](http://www.working-solutions.org)

### **CNY Works**

960 James Street  
Syracuse, New York 13203  
315-473-8250

[www.cnyworks.com](http://www.cnyworks.com)