

ARE YOU THINKING OF QUITTING?

WAIT!!

Things to think about first:

- Quitting can exclude you from benefits like Employment Insurance and Social Assistance
- Quitting means explaining to the next potential employer why you left your last job
- Quitting may result in a gap in your resume that will make it harder to get a new job
- Quitting may simply get an employer “off the hook” from paying termination or severance benefits

What to do instead:

- Compare what I have and what I didn't have before this job
- Talk to my boss or supervisor
- Think of my financial situation and my family
- Call my caseworker for suggestions
- Think of alternatives to quitting right away
- Project what will happen in the next 3 months if I quit
- Call Pathways staff for advice and coaching if you're a current client