

~~~ VIRTUAL & MINNEAPOLIS / ST PAUL AREA JOB TRANSITION GROUPS ~~~

Updated 6/9/2022

Job Transition Groups vary in format, location and either in-person or virtually. They often host guest speakers, offer group discussions on topics related to job search, and allow opportunity to network with other job seekers. Please share this list with career transition organizations, recruiters, employment agencies, churches, WorkForce Centers and individuals seeking employment to allow individuals to choose a group that meets their needs.

Contact Nancy Fraasch at [nancy@NancyFraaschConsulting.com](mailto:nancy@NancyFraaschConsulting.com) with any changes, corrections, additions.

Latest updates to this list can be found at: <https://www.nancyfraaschconsulting.com/strategies>, click on “Virtual & Mpls / St Paul Area Job Transition Groups”

| <b>GROUP</b>                                             | <b>LOCATION</b>                                                                                            | <b>MEETING TIME</b>                                                               | <b>FORMAT OR SPECIALIZATION</b>                                                                                                                                                                                                                                                                  | <b>CONTACT INFO</b>                                                                                                                                                                            |
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| <b>ANOKA COUNTY, MN</b>                                  |                                                                                                            |                                                                                   |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                |
| OAK GROVE<br>North Metro Job<br>Networking Group         | St Patrick Catholic<br>Church<br>19921 Nightingale St.<br>NW<br>Oak Grove, MN 55011                        | Second and<br>Fourth Tuesday<br>6:30 - 8:30pm                                     | Resources from professionals include writing cover letters, resume suggestions, interview techniques, job applications, speakers, individual interview practice, networking with business professionals and more. Group is free, confidential, and open to the public. No registration required. | <a href="https://st-patricks.org/ministry/nmjng">https://st-patricks.org/ministry/nmjng</a><br>Group Leader: Richard White<br>ph_filer46@comcast.net<br>Church Office 763-753-2011             |
| <b>HENNEPIN COUNTY, MN</b>                               |                                                                                                            |                                                                                   |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                |
| BROOKLYN PARK<br>Faith Based Job Search                  | Living Word Christian<br>Center, Room SG3<br>9201 75th Ave N<br>Brooklyn Park, MN<br>55428                 | First Monday of<br>each month,<br>6:30 - 8:30 pm                                  | Monthly meetings featuring assorted topics, networking and job search tips<br>Half day meetings featuring many of job search topics presented together.<br>Free and open to the community.                                                                                                       | <a href="http://www.FaithBasedJobSearch.com">www.FaithBasedJobSearch.com</a><br>LinkedIn group:<br>Faith Based Job Search FBJS<br>or call 763-315-7000                                         |
| EDEN PRAIRIE<br>Wooddale Job Transition<br>Support Group | Wooddale Church<br>6630 Shady Oak Rd<br>Eden Prairie                                                       | Mondays<br>7:15am<br>In-person                                                    | Will create a tailored plan for you to find the right job. Includes networking, accountability, encouragement, prayer support.<br>Job Search 6-step Process Workshop                                                                                                                             | Lonny J. Gulden<br>lonny@chiefconnectionsofficer.com<br>Wooddale Church, 952-944-6300<br><a href="https://jobtransition.net/jtsg@wooddale.org">https://jobtransition.net/jtsg@wooddale.org</a> |
| GOLDEN VALLEY<br>Smiling and Dialing                     | Golden Hills Office Ctr<br>701 Xenia Avenue,<br>Golden Valley, MN<br>Thrivent 5th floor<br>conference room | Meets January,<br>March, May,<br>July, September,<br>and November<br>2nd Tuesdays | Networking meetings by invitation only.<br>Meetings includes continental breakfast, open networking, sharing of job search leads and new hires, and round-robin introductions by each attendee.                                                                                                  | See website for registration and meeting info:<br><a href="https://smilinganddialing.net/">https://smilinganddialing.net/</a>                                                                  |
| MEDINA<br>Career Transition Group                        | Holy Name of Jesus<br>Emmaus Rooms<br>155 County Road 24,<br>Wayzata, MN 55391                             | 7:30am,<br>3 <sup>rd</sup> Thursday of<br>every month                             | Offering support to people in job transition or considering a career change.                                                                                                                                                                                                                     | <a href="http://www.hnoj.org/career-transition-group">www.hnoj.org/career-transition-group</a><br>Mike Bangasser<br>careertransitions@hnoj.org<br>Bill Corrigan                                |

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|                                                                                               | In Medina west of 101                                                                                                                                                                                              |                                                                                   |                                                                                                                                                                                                                                                                                                                                                   | <a href="mailto:billcorrigan50@gmail.com">billcorrigan50@gmail.com</a>                                                                                                                                                                                                                                                                  |
| MINNEAPOLIS<br>Basilica Employment<br>Ministry                                                | Basilica of St. Mary<br>17th and Hennepin<br>Avenues,<br>Minneapolis                                                                                                                                               | Varies<br>See website                                                             | Virtual workshops and individual meetings.<br>One-on-one work with Janet Grove (ministry<br>leader) and volunteer coaches;<br>Networking, job postings,<br>resumes, assessments, and<br>managing career transitions.                                                                                                                              | Janet Grove<br>612 - 317 - 3508<br>jgrove@mary.org<br><a href="http://www.mary.org/ministries-education/care-support/employment-ministry#.YnlpmpPMJQJ">www.mary.org/ministries-<br/>education/care-support/employment-<br/>ministry#.YnlpmpPMJQJ</a>                                                                                    |
| <b>WASHINGTON<br/>COUNTY, MN</b>                                                              |                                                                                                                                                                                                                    |                                                                                   |                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                         |
| AFTON<br>JSPS (Job Search<br>Planning & Support)                                              | Shepherd of the<br>Valley<br>Lutheran Church<br>14107 Hudson Rd S<br>Afton, MN 55001                                                                                                                               | Every Monday<br>10a.m. - noon<br>Conf Rm C                                        | Human Resource/IT perspective<br>providing job search tools and support to<br>those unemployed / underemployed. Topics<br>in reaching their short/long term goals are<br>discussed. nondevotional                                                                                                                                                 | JSPS - 651-436-8248<br>No registration required.<br>For info: vjguti@yahoo.com                                                                                                                                                                                                                                                          |
| <b>VIRTUAL<br/>MEETINGS</b>                                                                   |                                                                                                                                                                                                                    |                                                                                   |                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                         |
| Career Transition<br>Accountability Group –<br>Holy Name of Jesus Career<br>Transitions Group | VIRTUAL<br>To join online meeting:<br><a href="https://link.besttechnologyinc.com/Accountability-Group">https://link.besttechnolo<br/>gyinc.com/Accountabili<br/>ty-Group</a>                                      | Every Tuesday<br>8:30 - 9:30am.<br>Networking and<br>job search<br>support after. | faith-based group dedicated to supporting job<br>seekers with accountability / structure in<br>their job search. “Check-in” format to<br>review activities / progress, discussion of<br>accountability items for following week.<br>Members are encouraged to stay and<br>complete their action plan as part of a<br>working session with others. | Info:<br><a href="https://link.besttechnologyinc.com/Accountability-Group">https://link.besttechnologyinc.com/Acc<br/>ountability-Group</a> OR<br><a href="https://www.hnoj.org/career-transition-group">https://www.hnoj.org/career-transition-<br/>group</a><br>Questions, contact<br>Mike Bangasser at<br>careertransitions@hnoj.org |
| CareerForce Minneapolis<br>Thursday Morning<br>Job Club                                       | Meets VIRTUALLY.<br>Pre-register at<br><a href="https://www.careerforce.mn.com/minneapolissouth">https://www.careerforce<br/>mn.com/minneapolisso<br/>uth</a> to receive join link.                                | 9 – 11am<br>Every Thursday                                                        | Job transition activity & support group.<br>Topics on effective job hunting, careers &<br>workplace survival. Networking & problem<br>solving after each meeting.                                                                                                                                                                                 | Paul Sears, 651-539-4413<br>paul.sears@state.mn.us<br><a href="https://www.careerforcemn.com/">https://www.careerforcemn.com/</a>                                                                                                                                                                                                       |
| CONNECT Face2Face                                                                             | VIRTUAL<br>Pre-register:<br><a href="https://us02web.zoom.us/meeting/register/tZcvc-CurjwvHdJ5ry1DSai-IGp67xMPdP-">https://us02web.zoom.u<br/>s/meeting/register/tZcvc<br/>-CurjwvHdJ5ry1DSai-<br/>IGp67xMPdP-</a> | Mondays,<br>1:30 – 3:30pm                                                         | Professionals in job transition meet to<br>interactively develop tools / skills necessary<br>to compete in today's rapidly evolving<br>workplace, whether you are job hunting or<br>starting a new micro-business.<br>Facilitator: KimAileen White                                                                                                | <a href="https://tinyurl.com/3dauwdou">https://tinyurl.com/3dauwdou</a>                                                                                                                                                                                                                                                                 |
| Lord of Life Job<br>Transition Group                                                          | VIRTUAL Zoom<br>meetings.<br>Email or join LinkedIn<br>Group for link                                                                                                                                              | 1st and 3rd<br>Wednesdays<br>monthly<br>7 - 8am                                   | 1st Wednesday - speaker on job search<br>related topics.<br>3 <sup>rd</sup> Wednesday - informal networking<br>/discussion of various job search topics                                                                                                                                                                                           | Nancy Fraasch<br>nancy@nancyfraaschconsulting.com<br><a href="https://www.lordoflife.org/jobtransition">https://www.lordoflife.org/jobtransition</a><br>Request to join LinkedIn Group:                                                                                                                                                 |

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|                                                                                                                   |                                                                                                                                 |                                          | No pre-registration needed, see website for schedule                                                                                                                                                                                                                                                  | <a href="https://www.linkedin.com/groups/11900175/">https://www.linkedin.com/groups/11900175/</a>                                                                                                                                                                    |
| MN Crossroads Career Network – Arden Hills                                                                        | North Heights Church<br>VIRTUAL only<br>See website for details and registration                                                | 7:30 – 9am - 3rd<br>Thurs monthly        | Topical presentation on Job Search.<br>1-to-1 Coaching & Online classes available.                                                                                                                                                                                                                    | Harry Urschel<br>harry@mncrossroads.com<br><a href="https://www.mncrossroads.com/">https://www.mncrossroads.com/</a>                                                                                                                                                 |
| MN Crossroads Career Network – Eden Prairie                                                                       | VIRTUALLY<br>See website for details and registration                                                                           | 7:30 - 9:30am<br>1st Thursday<br>monthly | Webinar with topical job search presentation.<br>1-to-1 Coaching & Online classes available.<br>Quarterly Full-Day in-person Workshops                                                                                                                                                                | Harry Urschel<br>harry@mncrossroads.com<br><a href="https://www.mncrossroads.com/">https://www.mncrossroads.com/</a>                                                                                                                                                 |
| MN Crossroads Career Network – Networking with Grace                                                              | VIRTUALLY<br>See website for details and registration                                                                           | 9 – 10:30am<br>every Thursday            | Online Networking Meeting<br>Gain (and offer) contacts, job leads, and support.                                                                                                                                                                                                                       | Wes Tang<br>wesleytang@hotmail.com<br><a href="https://www.mncrossroads.com/">https://www.mncrossroads.com/</a>                                                                                                                                                      |
| MN Crossroads Career Network - Woodbury                                                                           | VIRTUALLY<br>See website for details and registration                                                                           | 7 - 8:30pm<br>2nd. Thursday<br>monthly   | Online Webinar<br>Topical presentation on Job Search<br>1-to-1 Coaching & Online classes available                                                                                                                                                                                                    | Tom Jacobson<br>tjacobson9530@gmail.com<br><a href="https://www.mncrossroads.com/">https://www.mncrossroads.com/</a>                                                                                                                                                 |
| Monticello CareerForce - Job Transition Strategies & Tactics for Leaders<br>Central MN Jobs & Training Services - | Meets VIRTUALLY                                                                                                                 | Tuesdays,<br>10am - noon                 | Accesses local job seeker resources, DEED, JTS, grants, LinkedIn, and other social media techniques. Builds professional networking referrals that lead to career opportunities.                                                                                                                      | More info and to pre-register:<br><a href="https://us02web.zoom.us/j/92012000000">https://us02web.zoom.us/j/92012000000</a><br>OR<br><a href="https://tinyurl.com/rbtzsw3">https://tinyurl.com/rbtzsw3</a><br>Facilitators: Rob Stark, Tim Zipoy and KimAileen White |
| Washington Co. CareerForce Job Talk                                                                               | Meets VIRTUALLY                                                                                                                 | Two Mondays<br>monthly,<br>10 – 11am     | Facilitated online by a CareerForce trainer. Structured and forward-focused topics and discussion roundtable for job seekers.                                                                                                                                                                         | Cindy Hinderks,<br>cindy.hinderks@co.washington.mn.us                                                                                                                                                                                                                |
| The White Box Club™                                                                                               | Meets VIRTUALLY<br>via Zoom.<br>Info to join meeting at:<br><a href="http://thewhiteboxclub.com">http://thewhiteboxclub.com</a> | Tuesdays,<br>10-11am CST                 | Provides live coaching sessions, encouragement, and resources to anyone laid off, unemployed, or in career transition. Webinars feature top-notch coaches / industry experts sharing their best insider tips / “golden nuggets” of wisdom / inspiration in an optimistic and encouraging environment. | <a href="http://thewhiteboxclub.com">http://thewhiteboxclub.com</a><br><br>Questions:<br>Michael Thomas Sunnarborg,<br>michael@thewhiteboxclub.com                                                                                                                   |
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| <b>SPECIAL INTEREST GROUPS</b>                                                                                    |                                                                                                                                 |                                          |                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                      |

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| Eagle Group of MN Veterans - Career Track Group Meetings  | Meets VIRTUALLY via Zoom.<br>Join meeting:<br><a href="http://www.eaglegroupmn.org/career-track.html">www.eaglegroupmn.org/career-track.html</a> | Every Tuesday, 5 – 7pm                                                                | Provides one-on-one / small-group coaching, search tips / strategies, networking contacts / communication skills, mock interviews / financial literacy and other job search support for veterans, spouses or service members in transition.                                                                                                                                                                                      | See website to register for meetings:<br><a href="http://www.eaglegroupmn.org/career-track.html">www.eaglegroupmn.org/career-track.html</a><br>LinkedIn Group:<br>Eagle Group of Minnesota Veterans |
| Med Tech F2F Networking for TC Professionals              | Location varies throughout the metro area. Meetings info posted on LinkedIn group                                                                | Typically meets 1 <sup>st</sup> or 2 <sup>nd</sup> Wednesday evening month.           | Opportunity for experienced medical technology professionals to meet informally with others with similar backgrounds to build a strong network and provide support / advice to those seeking opportunities. Group is open to professionals of all backgrounds / levels of exp in medical technology or closely related industries.                                                                                               | Request to join LinkedIn group:<br>“Med Tech F2F Networking for TC Professionals”<br>Bruce Bear, <a href="mailto:brucerbear@msn.com">brucerbear@msn.com</a>                                         |
| Project Mgmt Institute (PMI-MN) - Career Networking Group | See website for location                                                                                                                         | 5 - 6pm before Chapter dinner meetings (unless otherwise noted for specific programs) | Provide environment to meet other chapter members, exchange career related info, and provide support for career enhancement and job search efforts. Informal discussions on career enhancement, job search strategies and related topics. Meeting formats include outside expert / member presentation, round table discussions, and article / web reviews. Open to PMI members and non-member project professionals at no cost. | <a href="https://pmi-mn.org/content/career-networking">https://pmi-mn.org/content/career-networking</a>                                                                                             |
| Veteran’s Job Club - CareerForce MN                       | Meets VIRTUALLY                                                                                                                                  | Every Monday, 10 -11:15am                                                             | Every session includes 3 employers who are hiring, networking, job search strategies, sharing of ideas and job leads.                                                                                                                                                                                                                                                                                                            | Robert.Willis@state.mn.us<br>See website for info and registration<br><a href="https://www.careerforcemn.com/">https://www.careerforcemn.com/</a>                                                   |