

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

Updated 2/14/2023

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>EDEN PRAIRIE</b><br>Wooddale Job Transition 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>                                                                                                                                                 |
| <b>GOLDEN VALLEY</b><br>Smiling and Dialing                   | Golden Hills Office Ctr<br>701 Xenia Avenue,<br>Golden Valley, MN<br>Thrivent 5th floor conference room | Meets January, March, May, July, September, and November<br>2nd Tuesdays | Networking meetings by invitation only. 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>                                                                                                                                                                                                                  |
| <b>MEDINA</b><br>Career Transition Group                      | Holy Name of Jesus<br>Emmaus Rooms<br>155 County Road 24,<br>Wayzata, MN 55391<br>In Medina west of 101 | 7:30am,<br>3 <sup>rd</sup> Thursday of every month                       | Offering support to people in job transition or considering a career change.                                                                                                                  | <a href="https://www.hnoj.org/career-transition-group">https://www.hnoj.org/career-transition-group</a><br>Mike Bangasser<br><a href="mailto:careertransitions@hnoj.org">careertransitions@hnoj.org</a><br>Bill Corrigan<br><a href="mailto:billcorrigan50@gmail.com">billcorrigan50@gmail.com</a>                                             |
| <b>MINNEAPOLIS</b><br>Basilica Employment Ministry            | Basilica of St. Mary<br>17th and Hennepin Avenues,<br>Minneapolis                                       | Varies<br>See website                                                    | Workshops and individual meetings. One-on-one work with Janet Grove (ministry leader) and volunteer coaches; Networking, job postings, resumes, assessments, and managing career transitions. | Janet Grove<br>612 - 317 - 3508<br><a href="mailto:jgrove@mary.org">jgrove@mary.org</a><br><a href="http://www.mary.org/ministries-education/care-support/employment-ministry#.YnlpmpPMJQJ">www.mary.org/ministries-education/care-support/employment-ministry#.YnlpmpPMJQJ</a>                                                                |
| <b>MINNEAPOLIS / ST PAUL LOCATIONS</b><br>The White Box Club® | Various Hennepin County Public Libraries                                                                | 9:30-11:30am<br>2nd or 3rd Wednesday monthly                             | Free live coaching sessions offer encouragement, and resources to anyone laid off, unemployed, or in a career transition.                                                                     | Location and dates of upcoming meetings can be found on the Meetup site: <a href="https://www.meetup.com/the-white-box-club-twin-cities-meetup/">https://www.meetup.com/the-white-box-club-twin-cities-meetup/</a><br>Questions:<br>Michael Thomas Sunnarborg,<br><a href="mailto:michael@michaelcreative.com">michael@michaelcreative.com</a> |
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| <b>VIRTUAL MEETINGS</b>                                                                     |                                                                                                                                                                     |                                                                             | Virtual meetings require computer or smart phone, and email address to attend                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>CONNECT Face2Face</b>                                                                    | VIRTUAL<br>Register to attend                                                                                                                                       | Mondays,<br>1:30 – 3:30pm                                                   | Professionals in job transition meet to interactively develop tools / skills to compete in today's rapidly evolving workplace, for both job seekers or those starting micro-business. Facilitator: KimAileen White                                                                                           | <a href="https://tinyurl.com/3dauwdou">https://tinyurl.com/3dauwdou</a><br>Pre-register:<br><a href="https://us02web.zoom.us/meeting/register/tZcvc-CurjwvHdJ5ry1DSai-IGp67xMPdP-kimaileen.white@whitestonepersonalmarketing.com">https://us02web.zoom.us/meeting/register/tZcvc-CurjwvHdJ5ry1DSai-IGp67xMPdP-kimaileen.white@whitestonepersonalmarketing.com</a>                                                                                     |
| <b>Holy Name of Jesus Career Transitions Group – Career Transition Accountability Group</b> | VIRTUAL<br>To join online meeting:<br><a href="https://link.besttechnologyinc.com/Accountability-Group">https://link.besttechnologyinc.com/Accountability-Group</a> | Every Tuesday<br>8:30 - 9:30am.<br>Networking and job search support after. | Faith-based group dedicated to supporting job seekers with accountability / structure in their search. “Check-in” format to review activities / progress, discuss accountability for following week. Members are encouraged to stay and complete their action plan as part of a working session with others. | Info:<br><a href="https://link.besttechnologyinc.com/Accountability-Group">https://link.besttechnologyinc.com/Accountability-Group</a> OR<br><a href="https://www.hnoj.org/career-transition-group">https://www.hnoj.org/career-transition-group</a><br>Questions, contact Mike Bangasser at <a href="mailto:careertransitions@hnoj.org">careertransitions@hnoj.org</a> or <a href="mailto:mike@besttechnologyinc.com">mike@besttechnologyinc.com</a> |
| <b>Job Search Planning &amp; Support (JSPS)</b>                                             | Online ZOOM & in-person support by appointment                                                                                                                      | Email to set Zoom or Monday in-person meetings.                             | Human Resource perspective of support of job search tools to those unemployed / underemployed. Topics in reaching their short/long-term goals are discussed.                                                                                                                                                 | All services are free.<br>To set appt or more info contact Vince at: <a href="mailto:vjguti@yahoo.com">vjguti@yahoo.com</a>                                                                                                                                                                                                                                                                                                                           |
| <b>Lord of Life Job Transition Group</b>                                                    | VIRTUAL Zoom meetings.<br>Email or join LinkedIn Group for Zoom link                                                                                                | 1st and 3rd Wednesdays monthly<br>7 - 8am                                   | 1st Wednesday – local / natl speakers on job search related topics.<br>3 <sup>rd</sup> Wednesday - informal networking /discussion of various job search topics<br>No pre-registration needed, see website for speaker schedule.                                                                             | Nancy Fraasch<br><a href="mailto:nancy@nancyfraaschconsulting.com">nancy@nancyfraaschconsulting.com</a><br><a href="https://www.lordoflife.org/jobtransition">https://www.lordoflife.org/jobtransition</a><br>Request to join LinkedIn Group:<br><a href="https://www.linkedin.com/groups/11900175/">https://www.linkedin.com/groups/11900175/</a>                                                                                                    |
| <b>MN Crossroads Career Network – Arden Hills</b>                                           | North Heights Church<br>VIRTUAL only<br>See website for details and registration                                                                                    | 7:30 – 9am - 3rd Thurs monthly                                              | Topical presentation on Job Search.<br>1-to-1 Coaching & Online classes available.                                                                                                                                                                                                                           | Harry Urschel<br><a href="mailto:harry@mncrossroads.com">harry@mncrossroads.com</a><br><a href="https://www.mncrossroads.com/">https://www.mncrossroads.com/</a>                                                                                                                                                                                                                                                                                      |
| <b>MN Crossroads Career Network – Eden Prairie</b>                                          | VIRTUALLY<br>See website for details and registration                                                                                                               | 7:30 - 9:30am<br>1st Thursday 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><a href="mailto:harry@mncrossroads.com">harry@mncrossroads.com</a><br><a href="https://www.mncrossroads.com/">https://www.mncrossroads.com/</a>                                                                                                                                                                                                                                                                                      |
| <b>MN Crossroads Career Network – Networking with Grace</b>                                 | 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><a href="mailto:wesleytang@hotmail.com">wesleytang@hotmail.com</a><br><a href="https://www.mncrossroads.com/">https://www.mncrossroads.com/</a>                                                                                                                                                                                                                                                                                           |
| <b>MN Crossroads Career Network - Woodbury</b>                                              | VIRTUALLY<br>See website for details and registration                                                                                                               | 7 - 8:30pm<br>2nd. Thursday monthly                                         | Online Webinar<br>Topical presentation on Job Search<br>1-to-1 Coaching & Online classes available                                                                                                                                                                                                           | Tom Jacobson<br><a href="mailto:tjacobson9530@gmail.com">tjacobson9530@gmail.com</a><br><a href="https://www.mncrossroads.com/">https://www.mncrossroads.com/</a>                                                                                                                                                                                                                                                                                     |
| <b>The White Box Club®</b>                                                                  | VIRTUALLY via Zoom.<br>Info to join meeting at:<br><a href="http://thewhiteboxclub.com">http://thewhiteboxclub.com</a>                                              | Tuesdays,<br>10-11am CST                                                    | Live group coaching sessions, encouragement, and resources to anyone laid off, unemployed, or in career transition. Webinars feature coaches / industry experts sharing their best insider tips / “golden nuggets” of wisdom / inspiration in an optimistic and encouraging environment.                     | Questions:<br>Michael Thomas Sunnarborg,<br><a href="mailto:michael@michaelcreative.com">michael@michaelcreative.com</a>                                                                                                                                                                                                                                                                                                                              |

| <b>MN STATE CAREERFORCE CENTERS</b><br>(In-person and virtual)               | <b>LOCATION</b>                                                                         | <b>MEETING TIME</b>                                                                                                                                  | <b>FORMAT OR SPECIALIZATION</b>                                                                                                                                                                             | <b>CONTACT INFO</b>                                                                                                                                                                                                                                                                                    |
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| <b>Carver County / Chaska Career Force</b> - Get Back to Work Job Club       | In-person<br><u>CareerForce</u><br><u>602 East 4th Street</u><br><u>Chaska, MN</u>      | Mondays, 10am-noon                                                                                                                                   | On-Site Job Club - opportunity to ask Entegris Recruiter, Doug Muller questions on all aspects of Job Search! Attendees drive the agenda! We welcome all job seekers in all stages of an employment search. | <a href="http://www.co.carver.mn.us...">www.co.carver.mn.us...</a><br>To register, call (952) 361-1711<br>jkennedy@co.carver.mn.us                                                                                                                                                                     |
| <b>Central Minnesota Jobs &amp; Training</b> - Professional Job Search Group | Meets VIRTUALLY<br>Serving job seekers throughout MN.                                   | Tuesdays, 10am - noon                                                                                                                                | Interactive platform that focuses on the job-search strategies and tactics including local job seeker resources, DEED, grants, LinkedIn, and other social media techniques.                                 | More info and to pre-register:<br><a href="https://tinyurl.com/rbtzsw3">https://tinyurl.com/rbtzsw3</a><br>Facilitators: Rob Stark and KimAileen White                                                                                                                                                 |
| <b>Ramsey County</b><br>CareerForce Virtual Job Club                         | VIRTUALLY Access to computer / smart phone and email required to attend.                | 3 <sup>rd</sup> Monday of the month, 1-2pm CST                                                                                                       | Join this job club session to learn job networking methods.                                                                                                                                                 | To register, call 651-266-9890 or email <a href="mailto:askworkforcesolutions@ramseycounty.us">askworkforcesolutions@ramseycounty.us</a>                                                                                                                                                               |
| <b>South Minneapolis CareerForce</b>                                         | In-person held at South Mpls WorkForce Center                                           | VIRTUALLY: 1 <sup>st</sup> , 2 <sup>nd</sup> , 4 <sup>th</sup> Mon and Tues 1-4pm CST<br>IN-PERSON: 3 <sup>rd</sup> Tues, 1-4pm. Every Thurs, 9-11am | A job club for job seekers. Meet other job seekers, get advice, referrals, and more. Facilitated by Job Service staff.                                                                                      | Paul Sears, 651-539-4413<br>paul.sears@state.mn.us<br>Pre-register for both virtual and in-person meetings at<br><a href="https://www.careerforcemn.com/minneapolisouth">https://www.careerforcemn.com/minneapolisouth</a><br>OR<br><a href="http://www.Minnesotaworks.net">www.Minnesotaworks.net</a> |
| <b>South Minneapolis</b><br>Job Club Activity Group                          | In-person / online at Hosmer Library, Rm 104<br>347 East 36th Street<br>Minneapolis, MN | Mondays and Tuesdays, 1-4pm                                                                                                                          | Work alongside other job seekers in small group. We research and contact employers, problem solve, exchange job leads, and get individual attention from staff and group. All are welcome!                  | Confirm dates and pre-register at<br><a href="https://www.careerforcemn.com/minneapolisouth">https://www.careerforcemn.com/minneapolisouth</a>                                                                                                                                                         |
| <b>Washington Co.</b><br>CareerForce Job Talk                                | Meets VIRTUALLY                                                                         | Two Mondays monthly, 10 – 11am                                                                                                                       | Facilitated online by a CareerForce trainer. Structured and forward-focused topics and discussion roundtable for job seekers.                                                                               | Cindy Hinderks,<br><a href="mailto:cindy.hinderks@co.washington.mn.us">cindy.hinderks@co.washington.mn.us</a><br>Register at:<br><a href="http://www.Minnesotaworks.net">www.Minnesotaworks.net</a>                                                                                                    |
| <b>Veteran's Job Club</b> - 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>                                                                                                                                                      |
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| <b>SPECIAL INTEREST GROUPS</b>                                            |                                                                                                                                                     |                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                        |
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| <b>Eagle Group of MN</b><br>Veterans - Career Track<br>Group Meetings     | Meets VIRTUALLY<br>via Zoom.<br>Join meeting:<br><a href="http://www.eaglegroupmn.org/career-track.html">www.eaglegroupmn.org/career-track.html</a> | Every Tuesday,<br>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<br>Veterans |
| <b>Project Mgmt Institute</b><br>(PMI-MN) - Career<br>Networking<br>Group | See website for location                                                                                                                            | 5 - 6pm before<br>Chapter dinner<br>meetings (unless<br>otherwise noted<br>for specific<br>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>                                                                                                |