



We're CLOSED but
We Can Still Help You
Look For Work!

Over the phone, via email or with a Zoom call,
we can guide you through:

- Job Searching
- Resume Writing
- Cover Letters
- Free Online Classes
- Interviewing
- and Good 'Ol Advice

Call us at (518) 842-3676 x 3011
or email us at info@fmsworkforcesolutions.org

For assistance with Unemployment Insurance, please call 1-888-209-8124
or visit www.labor.ny.gov