

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

Updated 9/27/2024

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, CareerForce Centers and individuals seeking employment to allow job seekers 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>IN-PERSON MEETINGS</b>                                    | <b>Location</b>                                                                                         | <b>Meeting Time</b>                                | <b>Format or Specialization</b>                                                                                                                                               | <b>Contact Info</b>                                                                                                                                                                                                                                                                                |
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| <b>AFTON</b><br>JSPS (Job Search Planning & Support)         | Shepherd of the Valley Lutheran Church -<br>14107 Hudson Rd S.<br>Afton, MN                             | Face-to-face meetings,<br>Mondays, 10am - noon     | Human Resource perspective, providing job search tools / support to those unemployed / underemployed. Topics to support their short / long-term goals are discussed.          | No registration is required. All services are FREE. Serving Eastern MN & Western WI. For info contact: <a href="mailto:vjguti@yahoo.com">vjguti@yahoo.com</a>                                                                                                                                      |
| <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, and prayer support.<br>Job Search 6-step Process Workshop      | Lonny J. Gulden<br><a href="mailto:lonny@chiefconnectionsofficer.com">lonny@chiefconnectionsofficer.com</a><br>Wooddale Church, 952-944-6300<br><a href="https://jobtransition.net/jtsg@wooddale.org">https://jobtransition.net/jtsg@wooddale.org</a>                                              |
| MN Crossroads Career Network – Networking with Grace         | Grace Church<br>9301 Eden Prairie Rd.<br>Eden Prairie, MN 55347                                         | 9 – 11am,<br>1st Thursday every month              | Networking meeting to share contacts, leads, and encouragement<br>No Registration needed, just come!                                                                          | Wes Tang<br><a href="mailto:wesleytang@hotmail.com">wesleytang@hotmail.com</a><br><a href="http://www.mncrossroads.com/networking-with-grace">www.mncrossroads.com/networking-with-grace</a>                                                                                                       |
| MN Crossroads Career Network – Eden Prairie                  | Grace Church<br>9301 Eden Prairie Rd.<br>Eden Prairie, MN                                               | 7:30 - 9am,<br>1st Thursday every month            | Topical Job Search presentation<br>Connecting with other job seekers<br>Coaching & Online Classes available.<br>No Registration needed, just come!                            | Harry Urschel<br><a href="mailto:harry@mncrossroads.com">harry@mncrossroads.com</a><br><a href="http://www.mncrossroads.com">www.mncrossroads.com</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>1600 Hennepin Ave,<br>Minneapolis                                               | Varies,<br>Email Jill for more info                | Workshops, individual meetings.<br>One-on-one work with ministry leader / volunteer coaches; Networking, job postings, resumes, assessments, and managing career transitions. | Jill Severtson at<br><a href="mailto:jsevertson@mary.org">jsevertson@mary.org</a>                                                                                                                                                                                                                  |
| <b>WOODBURY</b><br>MN Crossroads Career Network – Woodbury   | Woodbury Lutheran Church<br>7380 Afton Road<br>Woodbury, MN 55125                                       | 7 – 8:30pm<br>2nd Thursday monthly                 | Topical Job Search presentation,<br>Connecting with other job seekers.<br>Coaching & online classes available.<br>No Registration needed, just come!                          | Tom Jacobson<br><a href="mailto:tjacobson9530@gmail.com">tjacobson9530@gmail.com</a><br><a href="http://www.mncrossroads.com">www.mncrossroads.com</a>                                                                                                                                             |

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| <b>MINNEAPOLIS / ST PAUL IN-PERSON LOCATIONS</b><br>The White Box Club®                        | Various Hennepin County Public Libraries<br><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> | 9:30-11:30am<br>2nd or 3rd<br>Wednesday<br>monthly                          | Free live coaching sessions offer encouragement, and resources to anyone laid off, unemployed, or in a career transition.                                                                                                                                                                                    | More info on the Meetup site:<br><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: Michael Thomas Sunnarborg,<br><a href="mailto:michael@michaelcreative.com">michael@michaelcreative.com</a>                                                                                                                                                      |
| <b>VIRTUAL MEETINGS</b>                                                                        | <b>Virtual Connection</b>                                                                                                                                                             | <b>Meeting Time</b>                                                         | Virtual meetings require computer or smart phone, and email address to attend                                                                                                                                                                                                                                | <b>Contact Info</b>                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>CONNECT Face2Face</b>                                                                       | Virtual meetings,<br>Register to attend                                                                                                                                               | Mondays,<br>1:30 – 3:30pm<br>CST                                            | Professionals in job transition meet to interactively develop tools / skills to compete in today's rapidly evolving workplace, for both job seekers and those starting micro-business. Facilitator: Kimailen 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-1Gp67xMPdP-kimaileen.white@whitestonepersonalmarketing.com">https://us02web.zoom.us/meeting/register/tZcvc-CurjwvHdJ5ry1DSai-1Gp67xMPdP-kimaileen.white@whitestonepersonalmarketing.com</a>                                                                                        |
| <b>Holy Name of Jesus Career Transitions Group –</b><br>Career Transition Accountability Group | To join virtual meetings:<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<br>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>Lord of Life Job Transition Group</b>                                                       | Virtual Zoom meetings.<br>Email or join LinkedIn Group for Zoom link                                                                                                                  | 1st and 3rd<br>Wednesdays<br>monthly<br>7:30 – 8:30am                       | 1st Wednesday - speakers on job search related topics. 3 <sup>rd</sup> Wednesday - informal networking /discussion of various job search topics. 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<br>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<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><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 CST<br>2nd. Thursday<br>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>                                                                     | To join meeting via Zoom at:<br><a href="http://thewhiteboxclub.com/">http://thewhiteboxclub.com/</a>                                                                                 | Tuesdays,<br>10-11am CST                                                    | Group coaching sessions for encouragement / career transition resources. Webinars feature coaches / industry experts sharing their best insider tips / wisdom / inspiration in optimistic / encouraging environment.                                                                                         | <a href="http://thewhiteboxclub.com">http://thewhiteboxclub.com</a><br>Questions: Michael Thomas Sunnarborg<br><a href="mailto:michael@michaelcreative.com">michael@michaelcreative.com</a>                                                                                                                                                                                                                                                              |

| <b>MN STATE CAREERFORCE CENTERS</b><br>(In-person & 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><br>Get Back to Work Job Club      | In-person<br>CareerForce<br>602 East 4th Street<br>Chaska, MN                                | 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><a href="mailto:jkennedy@co.carver.mn.us">jkennedy@co.carver.mn.us</a>                                                             |
| <b>Central Minnesota Jobs &amp; Training - Professional Job Search Group</b> | Meets virtually, 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 Kimailen White                                                                                        |
| <b>Ramsey County CareerForce Virtual Job Club</b>                            | Meets virtually                                                                              | 3 <sup>rd</sup> Monday of the month, 1-2pm CST                                                                                                                           | Join to learn job networking methods.                                                                                                                                                                       | To register, call 651-266-9890 or email:<br><a href="mailto:askworkforcesolutions@ramseycounty.us">askworkforcesolutions@ramseycounty.us</a>                                                                                                 |
| <b>South Minneapolis CareerForce</b>                                         | Meets in-person at South Mpls WorkForce Center, 777 E Lake St, Minneapolis, MN and virtually | <b>VIRTUALLY:</b><br>1 <sup>st</sup> , 2 <sup>nd</sup> , 4 <sup>th</sup> Mon and Tues<br>1-4pm CST<br><b>IN-PERSON:</b><br>3 <sup>rd</sup> Tues, 1-4pm.<br>Thurs, 9-11am | Job club for job seekers.<br>Meet other job seekers, get advice, referrals, and more. Facilitated by Job Service staff.                                                                                     | Pre-register for both virtual / in-person meetings at:<br><a href="https://www.careerforcemn.com/minneapolisouth">https://www.careerforcemn.com/minneapolisouth</a><br>OR <a href="http://www.Minnesotaworks.net">www.Minnesotaworks.net</a> |
| <b>South Minneapolis Job Club Activity Group</b>                             | 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. 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. CareerForce Job Talk</b>                                   | 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>                                          |
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| <b>SPECIAL INTEREST GROUPS</b>                                         | <b>Location</b>                                                                                                                                   | <b>Meeting Time</b>                                                                      | <b>Format Or Specialization</b>                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Contact Info</b>                                                                                                                                                                                                                                              |
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| <b>Eagle Group of MN</b><br>Veterans - Career Track Group Meetings     | Meets virtually via Zoom.<br>Join meeting:<br><a href="https://www.eaglegroupmn.org/career-track/">https://www.eaglegroupmn.org/career-track/</a> | Every Tuesday, 5 – 7pm CT                                                                | 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="https://www.eaglegroupmn.org/career-track/">https://www.eaglegroupmn.org/career-track/</a><br>LinkedIn Group:<br>Eagle Group of Minnesota Veteran<br>For info, email Alan Hill:<br>alan_hill@optum.com         |
| <b>Project Management Institute (PMI-MN) - Career Networking Group</b> | See website for in-person location                                                                                                                | 5 - 6pm CT 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 / job search efforts. Informal discussions on career enhancement, job search strategies and related topics. Meeting formats include outside expert / member presentations, round table discussions, and article / web reviews. Open to PMI members and non-member project mgmt professionals at no cost. | <a href="https://pmi-mn.org/content/career-networking">https://pmi-mn.org/content/career-networking</a>                                                                                                                                                          |
| <b>Twin Cities Medical Device Networking</b>                           | Varies by month - Twin Cities metro area<br>In-person                                                                                             | 3rd Thursday monthly, 4:30-6:30pm CT. Some months change due to conflicts.               | Casual / friendly in-person networking at local breweries for those interested in medical device industry. Most events have 2-3 recruiting companies in attendance. Group leaders and many members are open to meet outside of events to support those in transition.                                                                                                                                                                | Contact Mark Oreschnick,<br><a href="mailto:marko@evolve-engr.com">marko@evolve-engr.com</a><br>LinkedIn Group: Twin Cities Medical Device Networking Group<br><a href="https://www.linkedin.com/groups/14248328/">https://www.linkedin.com/groups/14248328/</a> |
| <b>Veteran's Job Club - CareerForce MN</b>                             | Meets VIRTUALLY                                                                                                                                   | Every Monday, 10 -11:15am CT                                                             | Every session includes 3 employers who are hiring, networking, job search strategies, sharing of ideas / job leads.                                                                                                                                                                                                                                                                                                                  | <a href="mailto:Robert.Willis@state.mn.us">Robert.Willis@state.mn.us</a><br>See website for info and registration<br><a href="https://www.careerforcemn.com/">https://www.careerforcemn.com/</a>                                                                 |