

Surviving Unemployment

Description: Have you recently been laid off? It's not your fault and you're not alone. This seminar will provide information to help you and your family deal with the impact of a layoff and provide strategies to help you get back on track.

What you will learn:

- ♦ How to deal with the stress of a layoff
- ♦ How to put finances in order
- ♦ Cost cutting tips

Textbooks/materials: Surviving a Layoff or Downsizing (Dahlstrom)

Michigan Works
Service Center
Locations/Times:

PH	3 rd Tuesday of each month 9:00 a.m. to 10:00 a.m.	Code: PO49
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ME	3 rd Wednesday of each month 9:00 a.m. to 10:00 a.m.	Code: PO50
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Register today in person, by phone, by fax!