

*Are you coping  
with the loss of your job?*

**You are  
not alone!**



Since the recession began, 8.2 million people have lost their jobs, and the unemployment rate has almost doubled.

**Or maybe a better question is: Are you NOT coping with the loss of a job?** Losing your job can be one of the most devastating personal experiences in life. Many of us closely identify ourselves by what we do for a living. When the job is taken away, it is normal to feel overwhelmed, disoriented, or just plain scared.

**You are allowed to feel bad, to grieve.** Grief is a healing process that is just as vital as physical healing from injury. Dealing with your grief is a necessary step that can help you regain your emotional balance. We're here to help!

## **Job loss support group**

10:30 to Noon, Tuesdays

January 12, 19, & 26, and February 2, 9 and 16, 2010

Staunton Public Library, 1 Churchville Avenue, Staunton, VA 24401

Facilitator: Cynthia L. Long, D.Min

Please preregister by calling 540.383.2902 or emailing [clong@lfsva.org](mailto:clong@lfsva.org)

**Free to the public**



Sponsored by Lutheran Family Services of Virginia  
and a gift from Augusta Health Foundation