

*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

1:30 to 3 p.m., Thursdays

March 4 – April 8, 2010

Waynesboro Public Library, 600 South Wayne Avenue, Waynesboro, Va.

Facilitator: Cynthia L. Long, D.Min

Please preregister by calling 540.383.2902 or emailing clong@lfsva.org

Free to the public

Literature from Reemploy Virginia, a division of VEC, will be available at the group meetings.



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