




Just  
breathe...



**LOSING A JOB CAN HAPPEN TO ANYBODY AND CAN LEAD TO OTHER LOSSES, SUCH AS A HOME, CAR, PET OR THE CONFIDENCE YOU NEED TO PUT YOUR LIFE BACK TOGETHER. JOIN US TO TALK ABOUT HOW BEING OUT OF WORK IS AFFECTING YOU. YOU ARE NOT ALONE!**

**COME TO ONE OR ALL SIX!!**

**Free Job Loss Discussion Group**

1 to 2:30 p.m., Tuesdays

Sept. 7 to Oct. 12, 2010

Valley Mission, 1513 W. Beverley Street, Staunton, Va.

Facilitator: Cynthia L. Long, D.Min

Please preregister by calling either the Valley Mission at 540.886.4673 or Cynthia Long at 540.383.2902. You can also email [clong@lfsva.org](mailto:clong@lfsva.org).

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



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