

Managing the Ups and Downs of Being Laid Off

These are uncertain times. People are anxious about the future. Being laid off, or the worry that you might be laid off, can result in a variety of responses including stress, anger, lack of sleep, lowered morale and irritability at work and at home. These are normal, but difficult reactions.

This one and a half hour workshop will teach you how to become immune to the ups and down of being laid off or being in an environment where others are laid off.

Call the **Employee Assistance Program (EAP)** at 1-800-795-2351 to register for this class and to see if this workshop can be provided at your work location.

Workshop location: Health Service System, 1145 Market St.,
2nd Floor

Workshop dates/times: 3 dates available -

Wednesday, 3/17/10 - 12:00 PM to 1:30 PM

Thursday, 3/18/10 - 12:00 PM to 1:30 PM

Wednesday, 3/24/10 - 12:00 PM to 1:30 PM