

LOST YOUR JOB? CAN'T FIND WORK? FEELING BAD?

Strained family relationships
Loss of self-esteem
Low or no income
Feelings of anger, fear, or despair
Lack of motivation/interest
Isolation

>> YOU'RE NOT ALONE.

FREE: Job Loss Support/Discussion Group Tuesdays at 5pm

>> FOR INFORMATION CALL (503) 544-6179
OR VISIT THE PROSPECTUS PAGE AT WWW.PDXCAREER.COM

Job loss can feel like an unhappy ending, but every ending is also a beginning. That doesn't mean this isn't scary. It doesn't mean it's *good* that you're unemployed. All it means is that you have an opportunity right now to reflect on who you really are, what you want out of life, and what you're willing to do to get it. Come join others who are asking these questions. You'll find support, information and camaraderie. Call or email today for more information or to register.



Tina Gilbertson, M.A., Mental Health Counselor

A HUMANISTIC APPROACH TO CAREER DEVELOPMENT
www.TinaGilbertson.com

1235 SE Division St. / Suite 207
Phone: (503) 544-6179 / Email: TinaGilbertson@gmail.com