



Employment During a Pandemic Workshop via Zoom

Schedule

Every
Thursday
afternoon

2:00–
2:45 PM

Starting
June 4,
2020

A weekly Zoom based workshop and support group focusing on employment and job searching during the Coronavirus Pandemic, specifically geared toward individuals whose employment has been affected. This workshop is open to anyone, but will be tailored to maintaining mental health and wellness.

Discussions will be facilitated surrounding the following topics:

- Maintaining Wellness While Abiding by Shelter At Home
- Furlough vs Lay-Offs: What to Know and What You Can Do
- How to Job Search During a Crisis & How to Stand Out as a Job Seeker During COVID-19
- Assessing the Risks of Starting a New Job During the Pandemic
- Tips & Tricks for Zoom Interviews
- Coping with Stress and Finding Balance
- Community Resources

Registration required. Please email gfrice@t-mha.org or call 805-305-3172. Please don't hesitate to contact with questions.

