

Laid Off Calgary

empowering community

Have you been laid off ?

- Do you feel isolated?
- Are you struggling with motivation and wondering what is next?
- How has this changed things for your home and family?
- Stressed and anxious about the future?
- Would you like to talk about it?

You can take back control

Join a trained facilitator in this peer support group for free weekly facilitated sharing and discussion.

- Free 90 minute weekly sessions
- Hosted in private meeting room at a local SW library
- Respectful and safe environment to connect and support others who have been laid off
- Learn techniques to manage stress, build resiliency and create positive thinking patterns

Find our Facebook group 'Laid Off Calgary' or email us at laidoffcalgary@gmail.com