

A STEP BY STEP GUIDE

TO GET YOU STARTED

1. LAID OFF? NEED SOMEONE TO TALK TO?

Laid Off Calgary is here to help and guide you through this transition!

2. REGISTER!

Visit [Eventbrite.com](https://www.eventbrite.com) and search "Laid Off Calgary." Register for the event you wish to attend.

Eventbrite

3.

SAVE THE DATE

Let us know if you need to cancel or postpone. Interviews/change happens!

4. HOW OUR MEETINGS LOOK

Welcome! Settle in, relax. You've come to the right place. Our meetings are designed to meet your needs. You are not alone.

5. FOLLOW US ONLINE!

Join the newsletter email subscription or connect to our private Facebook group. Keep informed of related resources and support your community during this transition.

WHAT TO EXPECT FROM OUR MEETINGS

LAID OFF CALGARY MEETINGS ALLOW YOU TO:

Break Social Isolation

Process Your Laid Off Experience

Feel Empowered

Keep Motivation & Self-Care

Learn To Access Relevant Sources

MEETING PROCESS

Welcome! Meet your group facilitator.

Introductions. We want to know more about you!

Establish peer support agreements. It's important for us to have a space for confidentiality, respect, listening, non-judgement and a spirit of positivity.

Time to talk and check in with one another.

Facilitator introduces a theme and leads the conversation with specific questions.

Some meetings will have a special guest co-facilitator to add some additional insight.

Closing with final checking in. Includes resources and handouts.

What did you learn today? Reflect and process what you learned today. What actions are you taking away from today?