Surviving Tough Times

Learn how to survive unemployment or underemployment

Session 1: “Keeping a Roof Over Your Head, Putting Food on the Table and Staying Healthy”
Learn what resources are available to you and how to survive on less.

Session 2: “Taking Charge, What to do When the Paycheck Stops”
Learn the steps to take to evaluate and adjust your spending.

Session 3: “Maintaining or Repairing Your Credit”
Learn how to understand your credit score and what you can do to repair or maintain it.

Adult Programs in collaboration with New London and Norwich Adult Education Programs

To Register for this FREE Workshop, contact the American Job Center Office Nearest You Today

Danielson • 95 Westcott Road • 860-412-7000
Willimantic • 1320 Main Street, Tyler Square • 860-786-6200
New London • Shaw’s Cove Six • 860-439-7670 option 6
Norwich • 113 Salem Turnpike, North Bldg., Suite 200 • 860-859-5777

To learn more about the wide range of workshops available, visit www.ewib.org or www.ct.gov/dol

Note: Not all workshops are available every month. Certain workshops may require a minimum number of participants to avoid cancellation. Please check the monthly calendar for availability.

This Program is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.
EASTCONN
Created in 1980 under Connecticut General Statute 10-66a, EASTCONN is a public, non-profit, regional educational service center. EASTCONN exists to provide high-quality, competitively priced educational and related services to 36 member Boards of Education and the 33 communities they serve in northeastern Connecticut. We are governed by a Board of Directors, who are members of locally elected Boards of Education. Our funding comes from the fees we charge for our services, supplemented by competitively awarded grants and contracts.

Connecticut Workforce Investment System
Developed under the guidelines of the Workforce Investment Act of 1998, the Connecticut Workforce Investment System is a network of state and local entities, partnered toward the objective of meeting the needs of both employers seeking more qualified employees, and workers seeking jobs or to change or advance their careers. These efforts are coordinated and monitored by regional Workforce Investment Boards, which use local American Job Center offices within their region to provide “One Stop” services. Through this system, Connecticut job seekers are guaranteed access to information on job vacancies, career options, student financial aid, relevant employment trends, and instruction on how to conduct a job search, write a resume, or interview with an employer.

Funding provided by the Eastern CT Workforce Investment Board

Equal Opportunity Employer/Equal Opportunity Programs. Auxiliary aids and services are available upon request for individuals with disabilities.