



VIRTUAL Workshops: Job Searching in STRESSFUL Times

These are **STRESSFUL** times! Don't let the weight of what is going on around you stop you from finding success!

July 7

1:00 PM

Dealing with Grief during a Job Loss

What you'll learn:

- Understand how a job loss can bring about emotions and feelings of grief.
- What the 5 stages of grief can present during a job loss
- How to manage your stages to ensure success in your job search

July 14

1:00 PM

Staying Healthy In an Unhealthy World

What you'll learn:

- What stress is and how to manage it so you can focus on what is really important

July 21

1:00 PM

Maximizing your Nights and Weekends for your Job Search

What you'll learn:

- Understand the benefits of maximizing your nights and weekends
- How to balance your emotional self during your Job Search
- Understand the strength of your network of support

REGISTER NOW:

770-528-4300

worksourcecobb.org

ABOUT THE PRESENTER:

Granville Freeman has a career that spans over 20 years. As a Licensed Professional Counselor (LPC) and a Board Certified Tele-mental Health (BC-TMH) Practitioner, he has the knowledge and experience needed to help you navigate these difficult times.

Granville owns and operates a mental health counseling agency (N'Spired By Achievement Family Services & Solutions, LLC.) providing individual therapy, clinical supervision, workshops, trainings, and ways to continue to decrease the negative stigma concerning mental health therapy.

Cobb



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