

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 and search "Laid Off Calgary." Register for the event you wish to attend.

STILL NEED HELP?
We're always here for you!



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

