PUBLIC SERVICE ANNOUNCEMENT

For Immediate Release

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ANNOUNCING FREE DISCUSSION AND SUPPORT GROUPS OVER THE HOLIDAYS FOR LAID-OFF WORKERS

Being laid off is not easy to deal with, and it isn’t solely a matter of finances. Your life feels changed in many ways, and it can be difficult to cope emotionally, especially around the holidays. Depression, anger, confusion and a sense of hopelessness are not uncommon feelings. And it’s often hard to find people to talk with who really understand what you’re going through. To try to help people who have been laid off deal with these issues, Project HelpTalkHawaii has arranged with assistance from organizations such as the Mediation Center of the Pacific and Harris United Methodist Church, for places and times where displaced workers can get together to discuss over coffee what they’re going through and to come up with options for dealing with some of their issues. A facilitated group discussion will be held in Honolulu each weekday from December 7 through January 8. There is no cost to attend. Helpful materials from the UH Manoa Center on the Family will be distributed. For more information and to sign up, you can call 561-9698 or email helptalkhawaii@gmail.com.

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HelpTalkHawaii is a project initiated by Susan Park, former ombudsperson at the University of Hawaii at Manoa, with assistance, materials or support from the Mediation Center of the Pacific, Harris United Methodist Church, the UH Manoa Center on the Family, the National Association of Social Workers (Hawaii Chapter), and Catholic Charities.