

# January 2019

## Generations @Work



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> CLOSED FOR HOLIDAY	<b>2</b> Connections Network! <u>Cancelled</u>  Resource Center 8:00 – 1:00 2:00 – 3:30	<b>3</b> Resource Center 10:00 – 1:00 2:00 – 3:30	<b>4</b> Resource Center CLOSED
<b>7</b> Resource Center 8:00 – 1:00 2:00 – 3:30	<b>8</b> Resource Center 10:00 – 1:00 2:00 – 3:30	<b>9</b> Connections Network! 9:00 – 11:00 Fighting Back Against Stress  Resource Center 2:00 – 3:30	<b>10</b> Resource Center 10:00 – 1:00 2:00 – 3:30	<b>11</b> Resource Center CLOSED
<b>14</b> Resource Center 8:00 – 12:00 2:00 – 3:30	<b>15</b> Resource Center 10:00 – 1:00 2:00 – 3:30	<b>16</b> Connections Network! 9:00 – 11:00 Adaptability in the Job Market  Resource Center 2:00 – 3:30	<b>17</b> Resource Center 10:00 – 1:00 2:00 – 3:30	<b>18</b> Resource Center CLOSED
<b>21</b> CLOSED FOR HOLIDAY	<b>22</b> Resource Center 10:00 – 1:00 2:00 – 3:30	<b>23</b> Connections Network! 9:00 – 11:00 Moving Forward  Resource Center 2:00 – 3:30	<b>24</b> Resource Center 10:00 – 1:00	<b>25</b> Resource Center 8:00 – 12:00
<b>28</b> Resource Center 8:00 – 1:00 2:00 – 3:30  STAR Stories for Success* 10:00 – 12:00	<b>29</b> Resource Center 10:00 – 1:00 2:00 – 3:30	<b>30</b> Connections Network! 9:00 – 11:00 The Emotional Impact of Job Loss  Resource Center 2:00 – 3:30	<b>31</b> Resource Center 10:00 – 1:00 2:00 – 3:30	

Visit [www.adworks.org](http://www.adworks.org) & go to the **Upcoming Events Tab** to view online calendar & pre-register for special events.

\*Must attend the Interview Part 1 general workshop prior to attending this event



Arapahoe/Douglas Works! | 6974 South Lima Street Centennial, CO 80112 | 303-636-1160

**Connections Network!** Generations @Work Connections Network! provides an opportunity for you to network with other job seekers, pick up fresh ideas and resources for a successful job search, and learn more about navigating a targeted job search. Guest speakers will occasionally join us to lead insightful discussions on labor market information and employment opportunities.

**Fighting Back Against Stress:** Are you stressed? Did you know stress affects our immune function, ability to lose weight, sleep quality, blood circulation, skin health, digestive function, and so much more? Come learn how to make stress a friend, not foe! Guest speaker **Helen Dinerman**, Nutritional Health Coach with Vitamin Cottage Natural Food Market presents this health topic.

**Adaptability in the Job Market: Neetika Kapur**, Career Training Coordinator at Mi Casa Resource Center, returns to lead a discussion on how to be flexible and adaptable in today's job market! Don't let your age be a barrier in your job search. Learn and employ 7 easy strategies to make your search smoother and more productive!

**Moving Forward:** Guest speaker **Sandra Wagner**, Project Director of SCSEP with the AARP Foundation, presents a success program for moving forward in life. This includes answering questions like "Where am I?" and "What must I finish to move forward?"

**The Emotional Impact of Job Loss:** Emily and Jessica will present an overview of the challenging emotions that may accompany job loss and the cycle of grief stages you may experience. Strategies for identifying and coping with the emotions associated with these stages will also be covered and discussed.

**STAR Stories for Success:** Interactive workshop to hone interview skills and to brainstorm and practice STAR stories. *\*Prerequisite—must attend the Interview Part I general workshop*

**Resource Center Hours:** Drop in during resource center hours to receive assistance with filling out online applications, tailoring your resume, developing your elevator speech, preparing for an interview, and exploring your career interests! We welcome you to utilize the Resource Center as a dedicated space to work on your job search.

*\*Workforce Center staff are available at the front desk to provide support when the Generations @Work Resource Center is closed.*