

CWFL SERVICES FOR DISPLACED EMPLOYEES

Losing a job as a result of a reorganization or lay off ranks as one of the most difficult experience a person is likely to encounter in their professional lives. Successfully adjusting to this situation and moving forward quickly so that you can begin to seek a new position may require support. The USC Center for Work and Family Life is an available resource for those displaced due to layoff or reorganization to find such support.

The services available at the Center for Work and Family Life include:

- Confidential counseling with a licensed workplace behavioral health practitioner.
- Help to overcome the grief and loss associated with this challenging experience.
- Stress management.
- Coaching to assist with problem solving, goal creation and action planning.
- Assistance in organizing and implementing a job search.
- Interview preparation and practice.
- Construction of simple household budgets.
- Support for dependent family members who may be affected by this situation.
- Referral to community resources as necessary.

CWFL at UPC

University Village
3375 S. Hoover, Suite E206

CWFL at HSC

Soto Street Building
2001 N. Soto Street, Suite 112