



Identify the Employment Resources in your area. Consider the following:

- State Employment Office
- County/City Job Resources
- Job Support Groups
- Community Based Resources
- Career Development Centers
- Job Fairs
- Job Posting Websites
- Online Support Resources

Identify Local and Online Resources for Low Cost Substitutions

- Directories of Free or Low Cost Local Recreational Activities
- Websites and Blogs with Low Cost Ideas
- Libraries
- Thrift/Consignment Stores
- Free Interview Clothing Resources
- Barter Circles
- Tool Libraries
- Volunteering at Museums and Theaters for Free or Reduced Tickets

Identify Educational Resources

- Educational Resources for Unemployed
- Literacy Resources or ESL Services
- GED Resources

Health and Support Resources

- Support Resources for Spouses/Partners of Unemployed Person
- Emergency Programs Directed to Unemployed
- Emergency and Free Health Clinics
- Short Term or Emergency Child Care Resources
- Abuse Shelters and Hotlines
- United Way
- Mental Health Hotlines