



The Armstrong Center for Hope
Psychological and Spiritual Wellness for All Ages

COPING WITH JOB LOSS

Virtual Support Group

Did you experience job loss as a result of our national shifts in 2025 or 2026?

Could you use support as you navigate the loss and envision your next?

Do you enjoy learning and being a part of a small group?

If your answer was YES to all three questions, this group may be a good fit for you!

TOPICS WE WILL COVER:

- ✓ Naming the Losses
- ✓ Identity and Self-Worth
- ✓ Coping with the Changes
- ✓ Looking Forward
- ✓ Mindful Practices

DAYS/TIME:

4 sessions | Tuesdays starting March 17
12:00–12:50 PM

HOW TO SIGN UP:

Scan the QR code to get started!



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