



EVENT ALERT

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A Holiday Survival Kit for Job Seekers is Topic of Networking Meeting

Wednesday, November 28th, 2007

*Rochester, NY—November 21, 2007—*Job seekers don't have the luxury of taking a vacation during the holidays. And in the best of times, the holiday season can make people to feel that they are "running on empty," pulled in multiple directions, and not in control of their destiny. This is especially true when people are in the job search process and feel that things are spinning beyond their control.

To help people get through the season, a **Holiday Survival Kit** will be the topic of RochesterWorks! next Unemployed Resources Network (URN) group networking meeting Wednesday November 28. The meeting will be held at 1:30 p.m. at RochesterWorks! Career Center at 255 North Goodman St.

Annie Walker, an enthusiastic career coach and motivational speaker who has a passion for helping others achieve their full potential, will lead the session. She will discuss basic techniques on how to maintain an effective job search during the hectic holiday season. She will also share some basic stress management techniques.

The URN Group is a networking support group for job seekers. It meets the third Wednesday of the month at 1:30 p.m. at RochesterWorks! located at 255 N. Goodman St., at the corner of College Ave., across from Village Gate. Parking is free. Pre-registration is required. Seating is limited to the first 30 members of RochesterWorks! There is no fee to become a member.

For more information on registering for this event, call 258-3500.

RochesterWorks! is dedicated to helping Monroe County develop a strong workforce. RochesterWorks! helps job seekers find jobs, move to higher paying jobs or get training to improve skills. RochesterWorks! assists businesses with recruitment, assessment, placement and training, and connects them to all federally funded employment and training programs in Monroe County. RochesterWorks! has helped attract millions of dollars in funding to support Monroe County companies and organizations.

Services are available at two convenient full service Career Centers at 255 North Goodman Street and 276 Waring Road in Rochester. Training services are available at our satellite center at the Center for Workforce Development at 3545 Buffalo Road. Services are free of charge.

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