

C. L. A. S.

COMPOSITE COMMITTEE  
MONTHLY NEWSLETTERMAR.  
2010CAW TCA  
CANADA

Local 195

## Coping With Job Loss Program Riding The Emotional Roller Coaster

Job loss whether it is voluntary or involuntary has a tremendous impact on our lives. Other than the obvious financial changes we experience, there are social and emotional costs attributed to unemployment. Our daily routine is interrupted. We no longer have access to the social networks we developed at work. Depending on the nature of the work we did, there can be also a feeling of loss of prestige or standing in the community.

Individuals who are not working may fall victim to the stigma of being unemployed. There is sometimes a perception that those who are unemployed are “lazy” or “bad workers” and may even be viewed as choosing to “live off the system”. As the period of unemployment extends, many withdraw from social contact and as their stress level increases, they become more vulnerable to depression and other stress related disorders.

Even though our own reactions to job loss are as individual as we are, there are some basic commonalities associated with the stages of job loss— often referred to as the Emotional Roller Coaster.

**Stage 1:** Shock, anger and denial or even relief are the most commonly experienced emotions at this stage of job loss. The feeling of relief is often felt in circumstances where a worker has been going through the motions at work and gets the distinct feeling that they are going to be terminated. This happens as a result of plant closures, layoffs or termination of employment. As the shock starts to wear off, feelings of anger or denial often surface. People become angry because they are being forced into a situation that they did not choose. Denial occurs in situations where the reality of the situation is too overwhelming for the individual and they try to “run away” from the situation. Often those in denial regard the initial stage of unemployment as a type of holiday. They spend their severance pay on a trip or other luxuries. Some people escape through alcohol, gambling or drug abuse.

**Stage 2:** Worry, anxiety and self-blame are the emotions those who are unemployed may now experience. Reality has begun to set in. Financial worries come to the forefront. As the length of unemployment extends beyond their expectations, they often begin to experience feelings of self-blame, panic and worry. It is this stage that many begin to demonstrate the initial signs and symptoms of depression. Due to the emotional strain, families begin to feel the stress and marital conflicts are likely to emerge or increase. It is at this stage that the incidence of physical abuse is more likely to occur.

**Stage 3:** It is at this stage that individuals who are unemployed reach a state of acceptance. They may not like the situation they are in but they have come to accept it, and likely begun to develop a job search strategy. It is not uncommon at this stage for emotions to run through a cycle of optimism and disappointment with every application or resume submitted.

**Stage 4:** This stage represents a real turning point emotionally. Those who choose a negative path may begin to internalize their rejection. They may consider their barriers too great to overcome, and give up. Those choosing a positive path begin to utilize their *coping bridge*. This coping bridge is the self-assessment stage. A person’s strengths, weakness, education gaps and skill gaps are identified. They begin to develop a plan of action.

**Stage 5:** This is the resolution stage where individuals have implemented their plan of action and have successfully secured new employment. This may have been accomplished by receiving assistances from various community agencies or their own personal support network.

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# What's on in March

## Musical Zoo

Mar 27, 2010 - WSO PB 'n' J Kid's Concerts - Musical Zoo

Mar 13 at 10 am & 11:30 am - Windsor Public Library

Mar 14 at 2 pm & 3:30 pm - Place Concorde

Mar 27 at 10 am & 11:30 am - Nikola Budimir Library

Listen for the many animals featured in music played by the WSO ensemble. For young families.

Hours: 10 am & 11:30 am

Cost: \$12-20

Venue: Nikola Budimir Library, Windsor

[jgalli@windsorsymphony.com](mailto:jgalli@windsorsymphony.com)

[www.windsorsymphony.com](http://www.windsorsymphony.com)

Phone 519-252-6579 for more information.



## University Singers Spring Concert

Mar 14, 2010 - WCO in concert.

Hours: 3pm

Cost: Tickets \$10 Adult/Senior; \$5 Students

Venue: Assumption University Chapel, Windsor

[smckee@uwindsor.ca](mailto:smckee@uwindsor.ca)

Phone 519-263-3000 Ext. 4213 for more information.

## Dancing with the Local Stars

Feb 23, 2010 to Jun 11, 2010 - Be part of a live studio audience at Caesars Windsor, and vote for your favourite star to move to the next round. Dancing with the Local Stars:

February 23, March 23, April 27, June 11

Hours: 8pm - 10pm

Cost: 15.00

Venue: Caesars Windsor, Windsor

[rgiles@bwta.ca](mailto:rgiles@bwta.ca)

[www.bwta.ca](http://www.bwta.ca)

Phone 519-945-8888 for more information.



## Free Forms Clinic

<p><b>Citizen Advocacy</b> 235 Eugenie St. W. Suite 105 A Tues. 10-4 • Thurs. 12-5 519-966-5010</p>	<p><b>Multicultural Council</b> 245 Janette (Downtown) Tues. 10-4 • Thurs. 12-6 519-255-1127</p>	<p><b>Multicultural Council</b> 7651 Tecumseh Rd. E. Tues. 10-4 • Thurs. 12-6 519-948-3443</p>
<p><b>Windsor Public Library - Bridgeview</b> 1295 Campbell Tues. 10-4 • Thurs. 12-6 519-255-6770</p>	<p><b>Windsor Public Library - Central Branch</b> 850 Ouellette Avenue Tues. 10-4 • Thurs. 12-6 519-255-6770</p>	<p><b>Windsor Public Library - Sandwich</b> 3312 Sandwich Street Tues. 1-4 • Thurs. 12-6 519-255-6770</p>

**ST. CLAIR COLLEGE** Investing in people  
**WINDSOR PUBLIC LIBRARY** Citizen Advocacy  
**Free Forms Clinic offered by St. Clair College Paralegal Students**



# Coping With Job Loss Program - Continued

## Group Intervention

Support is provided in a peer support workshop setting. They average in size from 6-12 participants, with the smaller group size promoting greater opportunity for participants to interact and share with each other. Small group sessions focus on personal growth, self awareness, stress management, communication, skill development and relevant community resources. This interaction is significant and beneficial because of the isolation and lack of opportunity to express feelings that can come with being unemployed or under employed

This program partners with other unemployment support agencies (City Of Windsor, UHC) to inter-refer clients needing types of unemployment support.

## One-One Counseling Services

Counseling is available to individuals who have experienced job loss and are not able to participate in a group format due to specialized needs or presenting distress. Program offers individual counseling to clients to address acute stress reaction to unemployment including goal oriented therapy, reality based therapy, and intense stress and self-esteem management. Short term therapy will be provided with the goal to have the participant join a support group or if necessary to be linked to a longer term community support.

**For information on services offered, and to find out when the next series begins, call 255-1749**

## From Your Committee:

Even though we have published this type of informational news article before and it has been over a year since the loss of our jobs, we think it is important to rerun it again due to the possibilities of some members coming off E.I and still have not found employment. Try to stay strong and reach for community resources like this one. It may also remind you of what to look for in a spouse, family members, and friends that may be going through job loss.

## Training Programs

If you are interested in the following training programs please contact us @ 519-256-4597

### Smart Serve



Smart Serve Ontario has been developed to provide information about safe alcohol service at work and at home.

### Safe Food Handling



### Trillium Drug Plan Application Forms

If you are interested in applying for the Trillium Drug Plan we have the applications here at the Centre. Drop by and pick one up!!

# Contact Information

## New Changes to Part Time Training and EI

As of February 2010 Employment Insurance is allowing individuals to take up to 14 hours of Part time training. Individuals can now call the 1-800 number to EI and ask for permission over of the phone. Two major changes are the number of hours allowed under part time training and being approved over the phone.

## Heinz Dates for March

Open to CAW 195 Amalgamated Employees/Members  
Purchase a variety of products at a discounted price!



### Store Hours

March 8, 9, 10, 13, 15, 16, 17, 20  
Monday thru Wednesday 9:00am - 4:45pm  
Saturdays 8:00am - 11:45am

85 Wilkinson Drive, Leamington (AMCO Storage Building)



**YOUR LINK TO COMMUNITY INFORMATION AND REFERRAL**

Call **211**. Alternate: (519) 258-0247 TTY: 1-866-488-9311  
or visit: [www.211windsorsex.ca](http://www.211windsorsex.ca)

211 is a 3-digit phone number to  
access free confidential information about:

Child Care · Language Classes · Employment Services  
Housing Assistance · Health Services · Family Counselling  
Services for Seniors · Emergency Shelters  
Services for Persons with Disabilities · Home Support  
Legal Assistance · Financial Assistance  
Addictions Treatment · Social and Recreational Programs  
Services for Newcomers to Canada and much more...

Throughout Windsor & Essex County  
24 hours a day, 7 days a week  
Service available in over 150 languages

## C. L. A. S.

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