

Look to your library for information...

Just laid off?

Discover resources to help you explore your options and navigate this life transition.

Databases

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- **Testing & Education Reference Center**–Get prepared with eBooks and interactive practice for civil service, military and academic admissions exams, résumé and career advice.
- **Mango Languages**–Learn a new language.
- **ProQuest**–Articles on a diverse range of topics from magazines, journals and newspapers.
- **Careers & Education Reference Collection**–Career and education themed reference books.
- **GrantStation**–Potential funding sources for grant seekers, *accessible only in KCLS libraries*.

Agencies and Web Sites

- **Employment Security Department**–Resources for unemployed workers.
Are you eligible for unemployment benefits? Do you qualify for worker retraining?
<http://www.esd.wa.gov/>
1.800.318.6022
- **WorkSource**–Offices are open to the public and provide the information, technology and services that job seekers need to secure satisfying jobs.
<http://www.worksourceskc.org/>
Redmond, 425.861.3700
Renton, 206.205.3500
Auburn, 253.804.117
North Seattle, 206.440.2500
- **Centerpoint Institute for Life and Career Renewal**–Inspiring people to discover creativity, passion and renewed commitment. Service fees may apply.
<http://www.centerpointseattle.org>
206.686.5433
- **Goodwill Job Training & Education Center**–Offers free computer and ESL classes.
www.seattlegoodwill.org
206.329.1000
- **Small Business Administration**–Free online courses about starting and running a small business.
<http://www.sba.gov/>
- **Community Colleges**–Offer evening and weekend classes in broad subject areas including computers, languages, health, arts and business.
Seattle Community Colleges, **<http://www.sccd.ctc.edu/>**
North Seattle, 206.527.3600
Central Seattle, 206.587.3800
South Seattle, 206.764.5300
Bellevue, 425.564.1000 or **<http://bellevuecollege.edu/>**
Renton Technical College, 425.235.2352 or **<http://www.rtc.edu/>**
Lake Washington Technical College, 425.739.8100 or **<http://www.lwtc.edu/>**

especially now.



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Look to your library for information...

- **CareerOneStop**—U.S. Department of Labor offers career resources to job seekers.
<http://www.careeronestop.org/>
- **Occupational Outlook Handbook**—A classic career reference resource.
www.bls.gov/OCO/
- **Peace Corps**—Volunteers travel overseas to make real differences in the lives of real people.
<http://www.peacecorps.gov/>
- **Volunteer Match**—Making it easier for good people and good causes to connect.
<http://www.volunteermatch.org/>
- **Freelance opportunities available in Seattle.**
<http://www.freelance-seattle.net/>
www.craigslist.com

Books

- *What Now?* by Ann Patchet
- *Who Moved My Cheese?: An A-Mazing Way to Deal With Change in Your Work and in Your Life* by Spencer Johnson
- *Thinking About Tomorrow: Reinventing Yourself at Midlife* by Susan Crandell
- *Creating Your Best Life: The Ultimate Life List Guide* by Caroline Adams Miller and Michael B. Frisch
- *When You're Falling, Dive: Lessons in The Art of Living* by Mark Matousek
- *Moving Forward: Taking the Lead in Your Life* by Dave Pelzer
- *The Power of Story: Rewrite Your Destiny in Business and in Life* by Jim Loehr
- *Here's the Bright Side: Of Failure, Fear, Cancer, Divorce and Other Bum Raps* by Betty Rollin
- *The Relaxation & Stress Reduction Workbook* by Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay
- *The First 30 Days: Your Guide to Any Change (and Loving Your Life More)* by Ariane de Bonvoisin
- *Second Acts: Creating the Life You Really Want, Building the Career You Truly Desire* by Stephen M. Pollan and Mark Levine
- *The Age of Miracles: Embracing the New Midlife* by Marianne Williamson

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