

Surviving a Layoff Resources List

Resource Type	Agency/Ph #	Link
Dept. of Personnel	360-664-1960	http://dop.wa.gov/more/LayoffSupport/EmployeeLayoffInfo/Pages/default.aspx
Unemployment	800-318-6022	http://www.esd.wa.gov/uibenefits/apply/eligibility/am-i-eligible.php
Job Search	WorkSource 360-438-4123	https://fortress.wa.gov/esd/worksource/Employment.aspx
	AWC Jobnet 360-753-4137	http://www.awcnet.org/apps/jobnet/search.asp
	Careers 360-664-1960	http://careers.wa.gov/
	Washington Post	http://nationaljobs.washingtonpost.com/a/all-jobs/list/l-olympia+washington/sb-la
	Yahoo! Hot Jobs	http://home.hotjobs.com/job-search?actualkw=fulltime+parttime&kwchanged=1&kw=&locations=Olympia%2C+WA&metro_search=0&industry=&is_loggedin=0&company=Career+Development&ui_kw=Parttime
	Career Builder	http://www.careerbuilder.com/default.aspx?cbRecursionCnt=2&cbsid=a2634e6f350a4957b8afeae56406f97b-308923911-VC-4
	Monster.com	http://www.monster.com/
	Job Fair Calendar	http://www.wa.gov/esd/calendar.htm
Resume Help	WorkSource 360-438-4123	https://fortress.wa.gov/esd/worksource/StaticContent.aspx?Context=ResumeWriting&CurrentPage=ResumeWriting
	Career Planning	http://careerplanning.about.com/od/resumewriting/a/resume_writing.htm
Interview Tips	Monster.com	http://career-advice.monster.com/job-interview/careers.aspx
	Career Planning	http://careerplanning.about.com/od/jobinterviews/a/job_interview.htm
	100 interview questions	http://career-advice.monster.com/job-interview/Interview-Questions/100-Potential-Interview-Questions/article.aspx

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Career Counselors	Rosemary Barnhart 360-866-7589	http://home.comcast.net/~rosemary.b/
	Career Horizons 360-709-9800	http://www.careerhorizon.net/
	Career Choice	http://careerplanning.about.com/od/careerchoicechan/a/career_couns.htm
Training/Education	Washington Colleges	http://www.sbctc.ctc.edu/docs/college_addresses.pdf
	DOP 360-664-1921	http://dop.wa.gov/training/Pages/default.aspx
	SPSCC 360-754-7711	http://www.spscc.ctc.edu/
Benefits	COBRA 360-753-4137	http://www.awcnet.org/forms/employeebenefits/COBRAEnrollmentForm.pdf
	DEFERRED COMP. 866-838-2102 (Option 4)	De Ann Johnson djohnson@icmarc.org
	Retirement 360-664-7000	http://www.drs.wa.gov/
	AFLAC 360-352-2554	Mark Bunda www.aflac.com
	American Recovery and Reinvestment Act (ARRA)	http://www.dol.gov/ebsa/faqs/faq-cobra-premiumreductionEE.html
Employee Assistance	EAP 800-777-4969 or 800-777-4114	www.FirstChoiceEAP.com