

5/23/2022



<u>The MaineLinks</u>

What to know ...

Are you out of a job or thinking about changing careers? You are likely managing a whole lot of different emotions, problems, and needs all at once. These can be <u>challenging times</u>, so it is important that you take care of your health and that you know about the <u>resources</u> that are <u>available to you</u> to address your problems and needs.

Strong **emotions** and stress will surface when you have lost a job - or when you are trying to make <u>a job change</u>. Stress urges us to take action, and without it we might not move forward. Too much stress, on the other hand, can overwhelm you emotionally. Being <u>aware of your emotions</u> means that you can <u>address your concerns</u> and care for your mental health. Unhealthy ways to deal with stress including denial of the situation or using <u>drugs</u> or <u>alcohol</u> to avoid the situation. To <u>take care of yourself and your mental health</u>, aim to connect with others, be physically active, <u>learn new skills</u>, and <u>be mindful</u> of the moment.Taking care of yourself includes <u>nutrition</u>, <u>exercise</u>, and <u>prevention of Covid</u>. If you are not vaccinated against <u>Covid-19</u> and boosted, learn <u>about how to get up to date</u> on your protection and why this is important.

When you have **problems**, remember that you are part of many networks that can help you: the <u>community</u> where you live; the groups you socialize with; the people who speak <u>your same language</u>; and those who work, <u>study</u>, and <u>serve</u> in your same career field. Connect where you feel most comfortable – take the first step according to where it is <u>easiest to start</u> or what is <u>most important</u> to figure out. If you are stumped about where to begin, consider reaching out to <u>2-1-1</u> – You can call or go online for info. 211 connects you to expert, caring help, and every call is completely confidential.

For your basic **needs** there are resources to help you to get <u>food</u>, <u>shelter</u>, <u>support</u>, and <u>employment</u>. There are <u>Resources</u> to help atrisk renters, landlords and homeowners in Maine: <u>VA</u>, <u>MaineHousing</u>, and the <u>Consumer Financial Protection Bureau</u>. If you have lost your job and need more <u>information about Unemployment Insurance</u>, take a look at the Maine Department of Labor website. There are answers to many of your unemployment-related questions, and <u>short videos</u> to explain the process of filing a claim. Create an account or login to your account at <u>ReEmployME</u> and review the <u>job search</u> and <u>career</u> <u>exploration</u> resources available to you through the <u>CareerCenters</u>. We are ready to assist!

May is: <u>Mental Health Awareness Month</u>, a time to raise awareness of those living with mental or behavioral health issues and to <u>help</u> <u>reduce the stigma</u> that so many experience. Through pandemic living, many people are realizing that stress, <u>isolation</u>, and uncertainty have taken a toll on their well-being. <u>Mental health</u> refers to our emotional and social well-being and impacts how we think, feel, and behave. <u>Everyone has mental health</u>, and it deserves your attention just as much as your physical health does.



Interested in training for heat pumps? <u>Refrigeration 608</u> free training starts June 7! Other training options at CMCC listed at that same link.

The Harold Alfond Center for the Advancement of Maine's Workforce coordinates all workforce <u>training programs</u> for Maine's community colleges, working closely with business leaders and workforce specialists throughout the state. For more info, check out the <u>list of contacts</u>

<u>Hiring Events</u>: (Click on the "Hiring Events" link for full list)
May 25 – <u>Camden National Bank</u> in Brunswick
May 25 – <u>at Kennedy Park in Lewiston</u>
May 25 – <u>Calais Area event</u>
May 25 – <u>Virtual event for the York Region</u>
<u>Workshops</u>: (click on the "Workshops" link for more)
Pre-register online for these virtual opportunities:
May 24 – <u>Creating a Winning Resume</u>
May 25 – <u>Maine JobLink: Creating and Navigating Your Job Seeker</u>
<u>Account</u>

and MORE!

Maine Consumers for Affordable Health Care (mainecahc.org)

Mainers who are uninsured, worried about losing health insurance or having a hard time paying monthly premiums have options. Don't wait! Call 1-800-965-7476.<u>Journey Magazine</u> online has resources and motivation, as well as an employment/employer section.<u>My Maine</u> <u>Connection</u> is your online connection to Food Supplement, Health Care, Cash Assistance and/or to apply for Maine's Child Care Subsidy. The <u>Affordable Connectivity Program (ACP)</u> is a longerterm replacement for the Emergency Broadband Benefit (EBB) program. This will help households to afford the internet connections they need for work, school, health care, and more.

Notable Quote:

"Anyone who has never made a mistake has never tried anything new." —<u>Albert Einstein</u>

Did you miss the <u>last newsletter</u>? Ensure you subscribe for more updates from the <u>Maine Department of Labor</u>.

The Maine Department of Labor provides equal opportunity in employment and programs. Auxiliary aids and services are available to people with disabilities upon request.