



# FRESH START @ YOUR LIBRARY

*#MyFreshStart #MyJourney #MyLibrary*



## NEW YEAR, FRESH START FOR WORK

Classes at The Newark Public Library

3<sup>rd</sup> Floor Technology Training Center / 1<sup>st</sup> Floor Special Services Room  
(see below for specific locations)

5 Washington Street

Saturdays, 2:00-4:00pm

FOR OUR RE-ENTRY NEIGHBORS

RETURNING TO THEIR COMMUNITIES



Mental Health  
Association  
in New Jersey, Inc.

### January 25, 2020: OVERCOMING BARRIERS TO EMPLOYABILITY

This session is all about coping with stress around the job search. Using community resources and proven strategies so that you can most easily develop a personalized employment action plan will be discussed.

### February 1, 2020: SOCIAL MEDIA AND EMPLOYMENT

Technology has dramatically changed how people network, learn about, and apply for jobs. At this interactive workshop, participants will learn how to use social media, such as Facebook, Twitter, Linked-in, YouTube, and other essential on-line tools.

### February 8, 2020: WORK INCENTIVES

Social Security Administration (SSA) work incentives will be demonstrated with explanations about how people can hold a job and keep other benefits and/or medical coverage. Also provided will be personal budgeting guidance.

### February 15, 2020: SUCCESSFUL INTERVIEWS

**This time in the 1<sup>st</sup> floor Special Services Room**

Review the dos and don'ts of interviewing and resume writing. Role-play employment interviews and gain invaluable constructive feedback so that you can highlight your strengths and make the best impression on employers.

### February 22: A WELLNESS RECOVERY ACTION PLAN FOR WORK

**This time in the 1<sup>st</sup> floor Special Services Room**

Learn to structure a balance between your work and your personal life. This plan will prevent potential problems before they become overwhelming. Whether you are looking for a job or already employed, you will appreciate the tension tamers presented in this session.



INSTITUTE of  
Museum and Library  
SERVICES

NJ  
State Library  
*An affiliate of Thomas Edison State University*

