

Resources for Laid-Off and Financially-Troubled OCEA Members

Finances and Paying Your Bills

Unemployment Insurance (US Department of Labor):

<http://ows.doleta.gov/unemploy>

Laid-Off Workers (US Department of Labor):

http://www.doleta.gov/jobseekers/laidoff_workers.cfm

CareerOneStop (US Department of Labor):

<http://www.careeronestop.org/ReEmployment/Default.aspx>

PDFs for Laid Off Workers (AARP):

http://www.aarp.org/money/work/articles/pdf_laid_off_workers.html

MyMoney.gov (US Financial Literacy & Education Commission):

<http://www.mymoney.gov>

Financial Help for Single Moms:

(888) 456-2227; <http://www.singlemomfinancialhelp.com>

Financial Help to Pay for Home Heating and Cooling:

www.acf.hhs.gov/programs/ocs/liheap/

Job-Hunting

Monster.com:

<http://www.monster.com>

CareerBuilder.com:

<http://www.careerbuilder.com>

CareerVoyages.gov:

<http://www.careervoyages.gov>

OCjobfinder.com:

<http://www.ocjobfinder.com>

Craigslist.org:

<http://www.orangecounty.craigslist.org>

SimplyHired.com:

<http://www.simplyhired.com/>

Health

Community Healthcare Clinics & Related:

<http://www.layoffnation.com/files/Community%20Health%20Care%20Clinics%20&%20Related.pdf>

2-1-1 Orange County (help with low-cost medical-insurance):

(888) 600-4357; <http://www.211oc.org>

Healthy Families:

<http://www.healthy-families.us>

Housing

Buying and Renting Assistance:

<http://www.hud.gov>

Be sure to check reverse side for more resources!



Orange County Employees Association

830 N. Ross St., Santa Ana, CA 92701 • (714) 835-3355 • (714) 835-7654 Fax • www.oceamember.org

Your Family

How to Help Your Spouse Through a Layoff (eHow.com):

http://www.ehow.com/how_4808228_spouse-through-layoff.html

How Should I Explain My Job Loss to My Tween? (About.com):

<http://tweenparenting.about.com/od/relatingtoyourtween/f/LayoffTween.htm>

Temporary Assistance for Needy Families:

http://www.acf.hhs.gov/acf_services.html#walia

Families Forward:

9221 Irvine Blvd, Irvine, CA 92618; (949) 552-2727; <http://www.families-forward.org>

Day Care Centers and Facilities in California (for children and adults):

<http://www.cclcd.ca.gov>

CalWORKs Child Care and Day Care Needs:

<http://www.cdss.ca.gov>

Centralized Eligibility List:

<https://cel.chs-ca.org/index.html>

Coping With a Layoff

Help, I lost my job! (Wise Bread):

<http://www.wisebread.com/lost-my-job-tips-for-the-recently-laid-off>

Discovery Resources:

<http://www.discoveryresources.org/technology-counsel/sound-evidence/please-forward-to-the-newly-laid-off/>

How to Prepare for a Possible Layoff:

<http://moneyfor20s.about.com/od/yourjob/ht/preparejobloss.htm>

10 Tips to Survive a Layoff, Financially:

<http://www.rediff.com/getahead/2008/oct/16layoff.htm>

Preparing for a Layoff (About.com):

<http://careerplanning.about.com/od/jobloss/a/layoff.htm>

Food and Nutrition

United Labor Agency of Orange County (food bank):

13252 Garden Grove Blvd. Ste 101, Garden Grove, CA 92843; (714) 740-0928

Second Harvest Food Bank of Orange County (food bank):

8014 Marine Way, Irvine, CA 92618; (949) 653-2900; <http://www.feedoc.org>

The Treasure Box:

<http://www.thetreasurebox.org>

Angel Food:

(714) 656-876; <http://www.angelfoodministries.com>

Supplemental Nutrition Assistance Program

(800) 221-5689; <http://www.fns.usda.gov/snap>

Government Resources

County Employees Assistance Program:

(800) 221-0945; County Contact: Carol Allen (714) 309-4722

GovBenefits.gov:

<http://www.GovBenefits.gov>

Other Resources

Goodwill of Orange County:

410 N. Fairview Street, Santa Ana, CA 92703; (714) 547-6308; <http://www.ocgoodwill.org>

Lutheran Social Services:

<http://www.lsssc.org>

*For additional resources in many categories, see
OCEA's Layoff Nation website at www.layoffnation.com.*