

Laid Off, Unemployed, or Under Employed?

Check Out The
Job Board &
Search Online Too

**Proudly
Sponsored
By:**

**The Piscataquis County
Transition Team**



**Penquis Higher
Education Center**

**Eastern Maine
Community
College**

PENQUIS
Helping Today & Building Tomorrow

**Three Rivers
Kiwans of
Milo & Brownville**



Moving Forward Day

Tuesday, March 31, 2009

Free Workshops From 9-5:

Career Center Services	Wellness & Coping
Health Insurance Options	Thinking of Starting A Business
Budgeting & Foreclosure Prevention	Dealing with the Loss of a Job
Local Medical Options	Medicare & MaineCare 101
Talking with Your Kids About Job Loss and Hard Times	Moving Forward With Education & Training
Gardening 101	Accessing General Assistance
Rural Development Programs	Maintaining Your Health in Tough Economic Times

Reserve your seat today, space is limited

The Greater Piscataquis Resource Fair:

11am—6pm

**Meet local service providers, businesses and community
organization that are here to help.**

**Many opportunities to meet one on one with service
providers such as foreclosure prevention counselor.**

**Place: Penquis Higher Education Center
50 Mayo Street, Dover-Foxcroft**

Time: Opens at 8:30 am — Closes at 6 pm

To register for the workshops or for more information:

Call 564-7116 or Register Online

LUNCH IS SPONSORED BY PENQUIS

Call 564-7116 - www.piscataquisresources.org

Moving Forward

Day 3/31/09

Participant Form

The Moving Forward Day is **FREE** for all, but due to limited space for workshops, we are requesting that you **pre-register**. Please print clearly. Thank you. See you at the Penquis Higher Education Center on 50 Mayo Street in Dover-Foxcroft on Tuesday, March 31, 2009.
 FMI: www.piscataquisresources.org or 564-7116

Name:		
Mailing Address:		
Town:		State: Zip:
Phone:	Cell:	Fax:
Email Address:		

Please circle your requested workshops:

<i>FREE Morning Workshops</i>		
9 am	Financial Issues & Concerns	
10 am	State & Federal Health Care Options	
11 am	The Career Center Services	
<i>FREE Afternoon Workshops</i>		
Noon	Wellness:	Rural Development Program
1 pm	Accessing General Assistance	Medicare 101 Medicare 101
2 pm	Local Health Care Options	Stretching Your Food Dollars
3 pm	Thinking of Starting A Business OR How To Do an Online Job Search	Dealing with the Loss of a Job
4 pm	Talking with Your Kids About Job Loss and Hard Times	Moving Forward With Education & Training
5 pm	Gardening 101	Maintaining Your Health in Tough Economic Times
<i>FREE One on One Services That You Want To Access First Come First Served Basis</i>		
State and Federal Benefits Check Up	Meeting with a foreclosure prevention counselor <i>by appointment</i>	Filing for unemployment benefit online
Tax Assistance	Online Job Searching	

All workshops and one on one services are subject to change

FREE & Open To The Public
Doors Opens at 8:30am
Workshops Start at 9 am

The Resource Fair
11 am - 6 pm
Door Prizes & Giveaways

Network with Co-workers & Others
Access One on One Resources
Starting at 11 am

Sponsors & Partners

Piscataquis County Transition Team, Penquis Resource Exchange, Eastern Community College, Penquis Higher Education Center, Penquis, Three Rivers Kiwanis of Milo & Brownville, WomanCare, Piscataquis County Economic Development Council.
LUNCH IS SPONSORED BY PENQUIS.

FMI: 564-7116 or piscataquisresources.org

Or mail to: Penquis, 50 North St., Dover-Foxcroft, ME 04426