

HERE TO HELP DAY

Lehigh Valley Area

Are you in need of services and programs to help you get through the economic downturn?



Wednesday, June 17, 2009
10:00am to 5:00pm

Agricultural Hall, Allentown Fairgrounds
17th and Chew Streets
Allentown, PA 18104

Get the help you need.

Get information about:

- Health care coverage
- Financial planning
- Re-employment
- Mortgage/rent info
- Resume review
- Training information

Sponsored by the Pennsylvania departments of Labor & Industry, Public Welfare and Insurance, Lehigh Valley Workforce Investment Board, Inc, PA CareerLink Lehigh Valley, Community Action Committee of the Lehigh Valley, Inc., community based organizations, employers and educational partners.

For additional resources visit www.heretohelp.pa.gov.

*Auxiliary aids and services are available upon request to individuals with disabilities.
Equal Opportunity Employer/Program*



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Agricultural Hall, Allentown Fairgrounds – Allentown, PA

Vendor Area

Representatives will answer your questions about the community resources and programs available throughout the Lehigh Valley that can assist you during this economic downturn – health care alternatives, basic household needs, housing / mortgage issues, economic stress, young adult and older worker programs, veterans' services and much more...

Résumé Review (a *résumé is needed* to participate)

Lehigh Valley Chapter for the Society for Human Resource Management professionals will be available to offer suggestions to improve your résumé – a key marketing tool to finding employment.

Training Vendors

Representatives from local training institutions will be available to discuss your retraining options in high demand occupations.

Employer Area

Recruiters from select companies will be available to talk to you about their current job openings.

Health Screenings

Health professionals will be available to provide cardiovascular and stroke screenings. These screenings are for informational purposes only and not for medical diagnosis.

Workshops

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| PPL's Electric Utilities E Power Team – | offered 10:15 & 2:15 |
| Let us show you how to use PPL's "Analyzer" to monitor your home electric use. Information on various programs to address customer needs will be provided. <u>Bring your most recent PPL energy bill with you.</u> | |
| Economic Stress Management – | offered 10:15 |
| Discover how to deal with the emotional aspects of losing a job and being unemployed. | |
| Tuition Waivers and the Adult Learner | offered 10:15 |
| Explore the opportunities available through community college tuition waivers and the needs of the adult learner. | |
| Public Assistance Benefits – | offered 11:15 ♦ & 1:15 |
| Learn about the benefits available and how you can apply online through the "Compass" system. | |
| Insurance Alternatives – | offered 11:15 & 2:15 |
| Information will be provided on COBRA, adultBasic, prescriptions and other insurance related issues. | |
| Unemployment Compensation – | offered 11:15 & 1:15 |
| Basic information about UC and the current extensions will be covered. | |
| "Don't Cash in Your 401K" – | offered 12:15 |
| A discussion will be held on the options available for 401K monies and how the decisions made today will impact a lifetime. | |
| PA CareerLink Lehigh Valley Overview – | offered 12:15 & 2:15 ♦ |
| Attend this session to discover how CareerLink can assist you with your job search and retraining needs. | |
| Mortgage, Foreclosure and Renter Information – | offered 12:15 & 3:15 |
| Find out about obtaining a mortgage, the foreclosure process and renter's rights. | |
| Every Door Closed for Ex-Offenders? - | offered 1:15 |
| Are you or someone you know struggling to make a fresh start, and encountering barriers when trying to find work? Methods of assisting clients with getting criminal records expunged when appropriate, pardons, obtaining bonding and other information will be discussed. | |
| Credit Smart – | offered 3:15 |
| Learn the ins and outs of your credit report and how your financial knowledge can impact your future. | |

♦ **Estos talleres seran ofrecidos en Español** / Indicates these workshops will be offered in Spanish

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