THE PATH FORWARD NAVIGATING UNEXPECTED JOB LOSS



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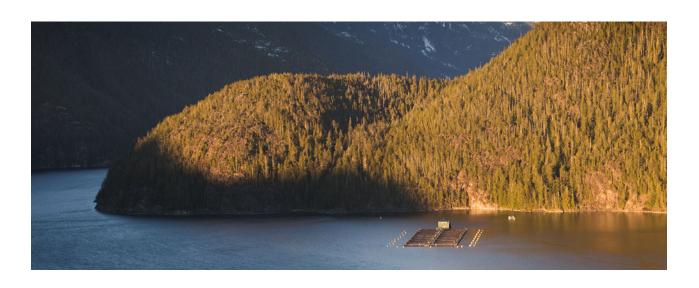
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INTRODUCTION

Our resource sectors have been faced with a great deal of uncertainty over the past few years. 2023's changes in operations at the Myra Falls Mine, global demand and the declining economic health of the forestry sector in BC, the COVID-19 pandemic and inflation all threaten our ability to keep a roof over our heads and food on the table.

It can be hard to know what to do when trouble strikes, but remember, everyone needs a hand sometimes. This guide has been designed to provide help when help is needed.

Lessons learned from past closures, and from other resource based small communities that saw multiple impacts in the forestry sector due to wildfires, mill closures and curtailments resulting in job loss guided the collection of information offered here. Our hope is to honour the lived experiences of resource workers and their families, and to lighten the load for those impacted by industry changes and unexpected job loss now, and in the future.

Our sincere thank you to the people in 100 Mile House who shared their stories of job loss and recovery with researchers, whose work informed this project. That community reached out to Campbell River immediately upon learning of the late 2023 mine closure to provide this resource. It is this same level of commitment to community and dedication to helping others that we can aspire to assist our Campbell River and greater community workers and their families.

Hardships don't wait until you're ready.

– Canadian author Marty Rubin

HOW TO USE THIS BOOK

By nature, humans are hardwired to resist change (unless we know for sure it will be beneficial, like a lottery win). When change happens to us, especially when we're taken by surprise, most of us resist and react first, and problem-solve later. Keep this information handy for a time when you are ready to read it. That may be before a job loss, soon after, or many months down the road.

By taking time to become:

- Informed (What do I need to know?),
- Prepared (What can I do now?), and
- Proactive (How can I regain some control of my future?)

...it will be easier to find and take the right path forward.

The local and provincial resources shared throughout this guide were selected as "first points of contact" for people experiencing unexpected job loss. There are many more services that could be of great help to people in this situation. It is anticipated that the services included a) will be operating with the same contact information in the foreseeable future and b) are informed and able to direct people in crisis to any service needed throughout the community and province.

This guide is organized by sections

Each section addresses a different issue that a person might face when dealing with job loss. The sections are colour coded and labelled on the outside of each page.

▶ SECTION 1

How are we going to pay the bills?

▶ SECTION 2

What am I going to do about a job?

▶ SECTION 3

Is retirement an option?

▶ SECTION 4

Effect on children

▶ SECTION 5

Looking after myself

The section also contains the following:

☑ CHECKLIST:

These lists identify steps to take and different people to talk to.

✓ WORKBOOK FEATURES:

These are areas you can use to write down your thoughts, useful information, and other things that you may do to help as you plan for your future.

RESOURCES:

Within the sections, for quick reference, useful resources are contained in coloured boxes.

ACTION SCENARIOS:

These are descriptions of what to do in specific situations, such as calling a resource provider. They include examples of what to say.

WHAT CAN THE GOVERNMENT DO FOR ME?

Local governments try to anticipate and prepare for economic changes, challenges, and opportunities in the community. Provincial governments and the federal government track industry trends and allocate funding to respond to unemployment needs across the country.

In times of crisis in a community, all levels of government work together to support everyone impacted. This includes helping the appropriate support agencies with transition responses, such as coordination, facilitation, an implementation of services to make sure that workers have access to the resources they need to deal with the challenges they are facing and get back on their feet.

Keep their contact information handy. You can phone, email, write letters, and ask for appointments to request advocacy during industry instability and layoffs.

NORTH ISLAND EMPLOYMENT FOUNDATIONS SOCIETY (NIEFS)

NIEFS is the largest Workforce and Employment services organization on North Vancouver Island.

Mission: To assist those in need with the development of skills that will enable them to find and hold employment in an everchanging world.

920 Alder St,

Campbell River, BC V9W 2P8

Phone: 250-286-3441 Toll-free: 1-866-286-6788

www.niefs.net

* RESOURCES

CITY OF CAMPBELL RIVER

The local government liaises with all levels of government, service providers, educational representatives, and industry to identify needs, advocate for the community, and respond to the closure of major manufacturing facilities.

Phone: 250-286-5700 Email: ecdev@campbellriver.ca

www.campbellriver.ca/key-sectors

REGIONAL GOVERNMENT; STRATHCONA REGIONAL DISTRICT SRD

The regional government's role is very similar to that of local government in terms of participating in the response effort during major economic disruptions and advocating for the region as a whole.

Phone: 250-830-6700

www.srd.ca

PROVINCIAL REPRESENTATIVE

Local MLAs advocate to the Legislative Assembly for the needs and interests of their constituents.

Find your local MLA: www.leg.bc.ca

FEDERAL REPRESENTATIVE

Local MPs advocate to Parliament for the needs and interests of their constituents.

Find your local MP: www.ourcommons.ca

HOW ARE WE GOING TO PAY OUR BILLS?

Let's tackle the biggest worry first. In a survival situation, shelter, water, fire and foods are key priorities. It's no wonder paying the bills and getting food on the table is the first concern when facing job loss. Without a reliable income, our very livelihoods are threatened.

STEP 1

Take stock of current expenses and cut them where you can.

 Sort your "fixed" expenses (e.g. mortgage) from "discretionary" expenses (e.g. vacations) 	 Consider cutting down on discretionary spending (e.g. cancel entertainment subscriptions or apps you don't use as often)
FIXED EXPENSES:	WAYS TO SAVE:
DISCRETIONARY EXPENSES:	 Seek out cheaper rates for fixed expenses (e.g. enquire about cheaper cell phone plans) COMPANIES TO CONTACT:

STEP 2

Have a family meeting and discuss "needs" vs. "wants."

- This may sound obvious, but there is nothing easy about a change in lifestyle-even a temporary one. Include everyone in the household. Job loss is a family crisis.
- Expect that kids and teens won't adjust to going without as well as their parents. Resiliency is one of the most important skills young people can practice, and this is an opportunity to do so.
- Be creative. Maybe some items on the "wants" list can be achieved at lower to no cost? Some wants can be planned and saved for, and some can wait for better economic times.



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HOW ARE WE GOING TO PAY OUR BILLS? cont.

STEP 3

Call in the professionals.

- Discuss mortgage, credit payment deferrals, or debt consolidation, and the implications. Sometimes, its just not worth it. Sometimes, it helps you keep your assets.
- Seek out financial support available through your employer, union, the government (Employment Insurance), provincial programs set up to address job loss, and short-term help that may be available through local non-profits. The provincial government sends small pockets of funding to local non-profits to address the needs of people in crisis. These funds are given with stipulations as to how they can be spent. The key is to ask the right questions to the right person.

ACTION SCENARIO

When calling a resource you might say:

"Hi, my name is Joe Clarke. I was recently let go from the [mine, mill – or name of employer]. I'm on El now but I can't make ends meet. Is there any help available to cover:

- Rent/utilities
- Food
- Gas cards
- Diapers/formula
- School clothing/supplies
- Sports fees/equipment

I'd like to come in to talk with someone about what is available. What time works?"

If you don't feel your request was heard request the email of the manager and ask again. It may be that they need to better understand your situation to help you. It may be that they can direct you to another program in town that can help. Be your own advocate or appoint one (a spouse, adult child, neighbour, or friend).



Help is there for those that need it.

Asking for help can be difficult. It may feel uncomfortable or even downright impossible. Many people prefer a private life and are hesitant to ask for or accept help.

These programs are largely paid for through government funding. These funds are a result of taxes collected from working Canadians. You have paid into this system and deserve to benefit from it in times of need.

"I am confident that the Campbell River community will carry forward the resilience and ingenuity it has demonstrated in the past to forge new opportunities for the workers and families affected."

– Mayor Kermit Dahl

WHAT AM I GOING TO DO ABOUT A JOB?

Making more money goes hand in hand with making the money you do have stretch. But it can be overwhelming to take stock of everything when making life-changing decisions around new employment, finances, and possible relocation. Here are some ways and resources to help with the process.

EMPLOYMENT INSURANCE

It isn't easy to live on Employment Insurance (EI). for most people, it's a significant reduction in income and it doesn't cover all fixed expenses, like housing or food. Even so, make sure you apply for and get EI if you qualify for it.

Check your eligibility for EI, and apply online at canada.ca by searching "employment insurance benefits." The process can be tricky and many people need help, to get help. Call 1-800-206-7218 or go to a Service Canada location.

JOB AND RETRAINING READINESS

You may not feel ready to look for a job. Don't worry, you're not alone. Most people don't have an up-to-date resume but they should! Workers gain new skills over the years, whether by obtaining a certificate for a one-day safety course or by gaining experience. But it can be hard to remember all that you have accomplished over the years, especially when stressed over job loss.

ACTION SCENARIO

Here's how you can get started:

- Jot down notes of all the courses you've done over the years.
- List career highlights, moments you're proud of, and problems you've solved.
- What hard skills do you have (e.g. certifications or experience doing specific tasks)?
- What soft skills do you have (e.g. communication skills, teamwork abilities, ethics, or your ability to prioritize and organize tasks)?

RESOURCES

SERVICE CANADA – CAMPBELL RIVER

950 Alder St, Suite 101 Campbell River, BC V9W 2P8

Telephone Information Service (EI): 1-800-206-7218
Telephone Reporting Service (EI): 1-800-531-7555

www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?rc=5920&lang=eng

WORKBC CENTRE - CAMPBELL RIVER

920 Alder St, Suite 101 Campbell River, BC V9W 2P8

Toll-free: 1-866-286-6788

www.workbccentre-campbellriver.ca

WORKBC CENTRE - PORT HARDY

129-3950 Granville St Port Hardy, BC VON 2P0

Toll-free: 1-866-286-6788

www.workbccentre-porthardy.ca

WORKBC CENTRE - COURTENAY

555 4th St #103

Courtenay, BC V9N 1H3

Phone: 250-334-3119

www.workbccentre-courtenay.ca

WHAT AM I GOING TO DO ABOUT A JOB? cont.

MARD AND SOFT SKILLS

Hard skills are something you have, and soft skills are something you are. When you've been working in a resource sector for a long time, it may feel intimidating to try to transfer your hard skills to new employment in a new industry. This is where your soft skills can help you along the path forward.

odin forward.	
YOUR HARD SKILLS:	
e.g. forklift licence, heavy equipment operation/maintenance, mathematics)	
pperation/maintenance, mathematics/	
YOUR SOFT SKILLS:	
e.g. training others, attention to detail,	
oroblem-solving)	

C RESOURCES

Check with the local post-secondary school or college to find out what training opportunities may be available. They can also let you know what programs they are offering and what prerequisites you need to register. You do not need to have completed secondary school to enter post-secondary. There are entrance exams and upgrading courses offered instead.

NORTH ISLAND COLLEGE

1685 South Dogwood St, Campbell River, BC V9W 8C1

Phone: 250-923-9700

www.nic.bc.ca/audience/futurestudents

NORTH ISLAND EMPLOYMENT FOUNDATIONS SOCIETY

920 Alder St, Campbell River, BC V9W 2P8

Phone: 250-286-3441 Toll-free: 1-866-286-6788

www.niefs.net

Literacy Support

CAMPBELL RIVER LITERACY NOW

Phone: 250-923-1275 www.literacyforall.ca

Unless you've been working in human resources don't go about resume-building and job-hunting alone. The local WorkBC Centre is funded by the provincial government to help you at no cost. They will also be aware of any training and education opportunities that are available to you. Some programs are partially or completely funded, and some have a cost to the participant.

TEMPORARY AND NEW **INCOME STREAMS**

Families of resource workers laid off due to the mine and forestry closures have shared a variety of ways they pivoted to cover expenses before longer term solutions were found as follows:

- Spouses returned to work or increased their hours.
- Laid-off workers sought work out of town.
- Some workers retrained for complementary sectors or sought work in other industries.
- Some considered early retirement.

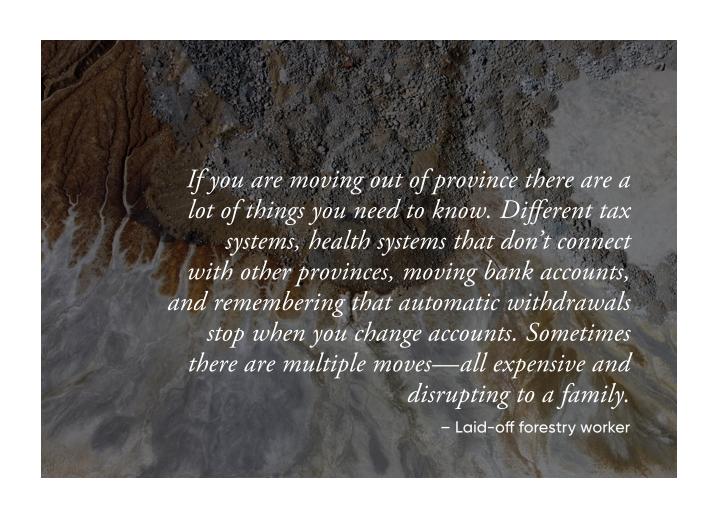
Ultimately, what a person decides to do will depend on their personal circumstances. Family size and ages, mental and physical health, financial commitments and resources, and transferable skills are some factors to consider.

Check in with your:

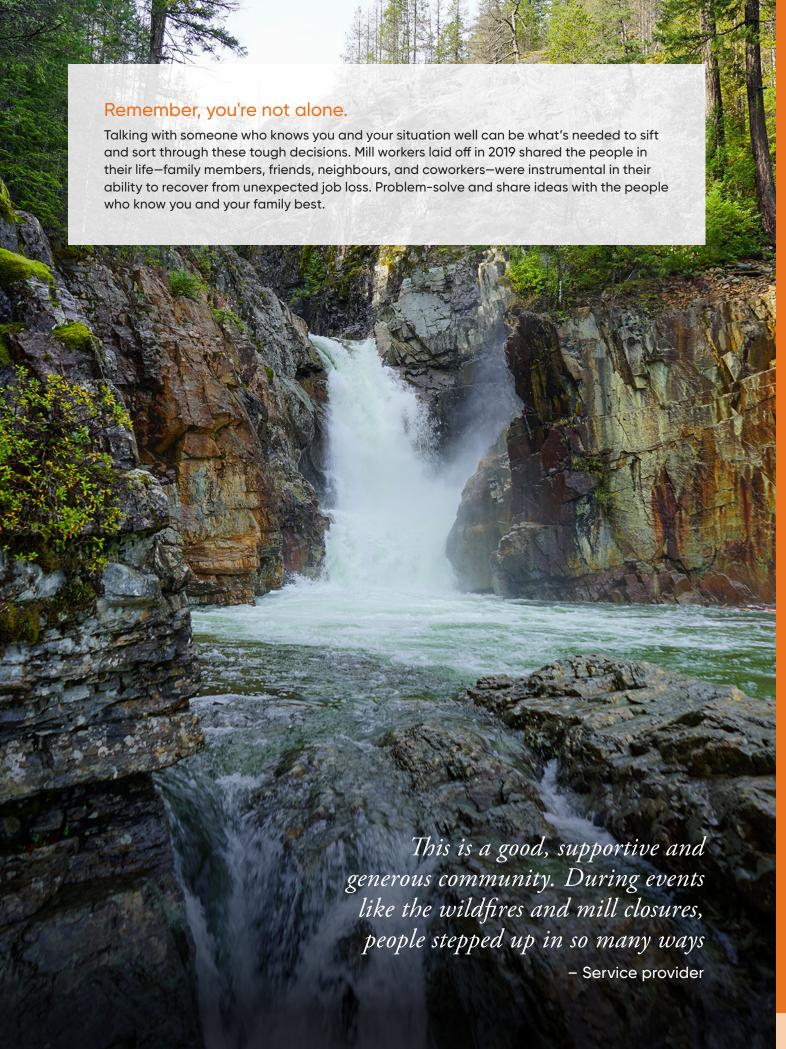
- Union
- Coworkers
- Employer
- Peers

Ask about possible:

- Training opportunities
- Financial supports
- Employment opportunities



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IS RETIREMENT AN OPTION?

In most cases, retirement is a welcome milestone. It's something people look forward to for decades. But when retirement happens early and unexpectedly, it can feel like a consolation prize.

Some workers nearing retirement age may wish to consider early retirement. There are many considerations that vary depending upon individual's unique circumstances. Some collective agreements allow for retirement counselling and other resources for their members who may wish to pursue this option. Speak to a financial advisor to determine the best course of action if this is an option you are considering.

Its hard to celebrate retirement when your peers may be grieving the loss of the same workplace. It may be easier for some to hold back on any positive talk and postpone the typical celebration of what is normally seen as a huge accomplishment. Most people understand that opportunities vary, and for some retirement is a welcome next step, for others a new job or career path will be the next step. Being supportive of all workers going through change can ease this transition.



🗱 RESOURCES

PERSONAL BANK

Making an appointment with your bank to discuss mortgage deferrals, debt consolidation, investment, retirement income, an more is an important first step. Ask about penalties for mortgage and debt payment deferrals, consolidation, interest savings/increases, and other opportunities.

SENIORS FIRST BC

Retirement is personal and there are a lot of considerations.

Links to credible guidelines for retirement costs and consideration for Canadians:

www.seniorsfirstbc.ca/resources

FINANCIAL PLANNERS

Available at banks and via investor businesses, financial planners help you take stock of your assets and your debts, and make choices around how to make your money work best for you in retirement.

EARLY RETIREMENT PROGRAMS/ SEVERANCE

A union representative can help explain your options. Consult with coworkers who are making the same decision. Look into the Bridging to Retirement program for the forestry sector, 2022.

IS RETIREMENT AN OPTION cont.

THE BRIDGING TO RETIREMENT PROGRAM FOR **FORESTRY WORKERS**

As of 2022, the Bridging to Retirement program is an option for people in BC over 55 who have worked fulltime for a BC mill or as a contractor for the forestry sector for at least two consecutive years. Provincial programs may change eligibility criteria, titles, or availability over time.

HOW TO PLAN FOR RETIREMENT

Retirement is one of the biggest transitions to happen in life and it's one that people typically prepare for in advance. Some things to consider:

- Where and how you want to live
- Changes in monthly income/budget
- Extended medical coverage and insurance
- Tax deductions, credits, and expenses

* RESOURCES

BRIDGING TO RETIREMENT

For information about the Bridging to Retirement program:

www2.gov.bc.ca/gov/content/industry/ forestry/supports-for-forestry-workers/ retirement-bridging-program

For a current list of other support programs, eligibility requirements, and more:

www2.gov.bc.ca/gov/content/industry/ forestry/supports-for-forestry-workers

RETIREMENT PLANNING CHECKLIST

This resource will help you to take steps to manage your financial wellbeing, including things like budgeting, insurance, taxes, and pensions.

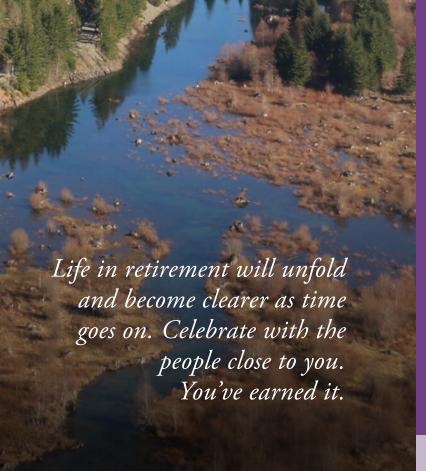
www.canada.ca/en/financialconsumer-agency/services/retirementplanning/retirement-checklist.html



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You have worked hard.

When retirement comes early, a person may feel unprepared and overwhelmed. Even with the best planning and preparedness, people may find themselves unsure of how to best spend their time. What your thought you would do may look different when the time comes to do it.



EFFECT ON CHILDREN

Job loss is a family crisis. While parents have life experience that helps them keep faith that the dust will settle, kids see economic insecurity as absolute. There is a lot to discuss when there is sudden unemployment in the family. Worries and ideas are shared back and forth among parents, and small ears often take these as inevitable facts.

RECOGNIZING STRESS AND ITS EFFECTS ON CHILDREN

When facing job loss, its' hard to not have stressful discussions or to not express frustration, anger, or worry around the kids. Even if you manage to keep it to a minimum, kids pick up on the stress their parents are under. You can help them by including them in the conversation and letting them ask questions and share their thoughts.

One of the ways kids show they are struggling is through their behaviour. Some kids will act out or behave younger than their age. Others will try to fix their parents' troubles by stepping up to help in any way they can. Behaviours, especially challenging ones, are outcomes of emotions. Figuring out what emotions are behind the behaviour and helping kids process them is what leads kids back to balance.

ENGAGE WITH FRIENDS AND FAMILY

You might have to dig deep to do this, but everyone will benefit by staying engaged with friends and family. Survival can't take centre stage all the time. It isn't good for the kids and it isn't good for you. Ask yourself what activities give you energy and what activities drain it. Identify and take the time to do fun family activities, such as:

- Walking the dog together
- Playing catch
- Joking around
- Spending time with friends
- Fishing off the pier
- Visiting local parks

♥ RESOURCES

ISLAND HEALTH MENTAL HEALTH – CAMPBELL RIVER

Phone: 250-850-2620

www.islandhealth.ca/our-services/ mental-health-substance-use-services

ISLAND HEALTH COMMUNITY HEALTH SERVICES - CAMPBELL RIVER

Phone: 250-850-2150

www.campbellriver.fetchbc.ca/service. html?i=28

ARTICLE: HELPING KIDS DEAL WITH PARENTS UNEMPLOYMENT

www.childdevelopmentinfo.com/ parenting/helping-kids-deal-withparents-unemployment/#gs.4vtel1

FOUNDRY CAMPBELL RIVER

Foundry Campbell River offers young people 12-24 access to mental health and substance use support, primary care, peer support and social services.

140 10th Ave, Campbell River, BC V9W 4E3

Phone: 250-286-0611

www.foundrybc.ca

EFFECT ON CHILDREN cont.

GETTING HELP

Free counselling and crisis support for kids are available but some are out of town, and those that are offered locally often have waitlists.

Klds who have the most complex mental health needs or who are at risk of self-harm are seen first. Private counselling can be costly.

Navigating the mental health system is difficult, especially while under stress. One way your family doctor or local non-profits can help is by finding out what supports are available and helping improve your access to them. If you're feeling overwhelmed, let someone help you simplify the process.

TAKING CARE OF THINGS AT HOME WHEN WORKING AWAY.

For those who choose to keep their homes in their community and go to work out of town, new considerations arise. Preparing for seasonal home and vehicle maintenance, making emergency plans, and finding child care are a few of the things that might be on your mind.

If you have a partner who works as well, you may be scrambling to cover the school run. If you live alone, you might be seeking out a service to care for pets. Each person who works away from home has their own unique ducks to get in a row before setting on a new path. To help prepare, think about the following:

- Plan ahead: What is likely to come up while I'm away?
- Close to home: Help neighbours and let them help you.
- Barter and borrow: What do you need help with, and what can you offer?
- Simplify: Are you taking on too much? Is there anything you can drop for a while?

It's unlikely life will carry on as usual when a person goes from working in town to away, especially unexpectedly. Here are some ways you can be ready:

♥ RESOURCES

GETTING WINTER READY

Taking care of things at home before the snow flies makes life easier, especially when working away. By planning ahead, losing heat during a cold snap is less likely, and everyone will feel more comfortable.

Read about ways to prepare your home for winter:

www.blog.renovationfind.com/ winter-maintenance-checklist-forcanadian-homeowners

Vehicles require a lot of care to carry your family safely to work, school, and sports in the winter. Taking steps to get ready is a way a person who finds themselves working out of town can care for their family and their assets. It also might mean there is less work to do around home on your days off.

Plan ahead and prepare your vehicles for winter:

www.carhelpcanada.com/wintermaintenance-checklist-vehicle

WORKING AS A FAMILY UNIT

Learning to operate as a family unit in a new way while working away takes some "buy-in" from everyone in the family The Metlakatla Development Corporation (near Prince Rupert, B.C.) published an excellent BC Work Camp Survival Guide for families in 2017.

Tips on how to thrive as a family and as an employee while working away:

www.youtube.com/@ bcworkcampsurvivalguide8278/ videos

www.campbellriver.ca/docs/ default-source/business-economy/ sector-profiles/bc-work-campsurvival-guide-for-employees.pdf

www.campbellriver.ca/docs/ default-source/business-economy/ sector-profiles/bc-work-campsurvival-guide-family-resources.pdf



There are some things we either can't pay for or that can't be bought. Building into a community can cover those gaps and makes life easier for everyone. The saying "It takes a village" isn't only for raising children. It takes a village to raise a barn, too.



My family would come babysit so I could take a break. During my husband's time off he would take the kids out for the day giving me time to unwind ... I realized if I don't take care of myself, I can't take care of everything else.

> Worker's wife (BC Work Camp Survival Guide, Metlakatla Development Corporation)

LOOKING AFTER MYSELF

People work hard for what they have. That includes their jobs. When a person loses their job and steady income, they face a lot of unknowns. The job search isn't easy, especially when you're still recovering from the shock of an unexpected closure.

Job loss is one of the major stressors a person goes through in life. Job loss is loss. Not everyone grieves unexpected layoffs the same, and some people have a harder time than others.

THE FIVE STAGES OF GRIEF

Denial

"This can't be happening to me."

Anger

"How could they do this to me?"

Depression

"It's hopeless."

Bargaining/Desperation

"What if..."

Acceptance

"I have to get on with life."

MY FAMILY IS WORRIED ABOUT ME

For the most part, kids are emotionally healthy if their parents are. But what if a parent is not doing okay? How would you know?

Our work shapes our identity. It is the cornerstone of how we plan our week. An abrupt stop to that routine is like having the rug pulled out from under you.

But that rug is a steady pay cheque.

It is no wonder that a person feels shocked first, in disbelief. It is common to feel frustrated, low, worried, or even humiliated. You may even feel angry one minute and sad the next. Taking care of yourself is key to taking care of your kids and your family. Put on your own oxygen mask first.

C ACTION SCENARIO

How can I take care of myself?

- Let your friends and family know what's going on.
- Get enough sleep.
- Avoid increased alcohol/cannabis use.
- ▶ Keep your routines (the best your can).
- Exercise. Take your dog for a walk!
- Tackle a project you've been putting off at home.
- Focus on the things you CAN control.

♥ RESOURCES

BOUNCE BACK FOR ADULTS AND YOUTH

A free skill-building program developed by the Canadian Mental Health Association to help Youth and Adults reclaim their mental health.

Phone: 1-866-639-0522 www.bouncebackbc.ca

WHAT IF I NEED SOME HELP?

Local community organizations will have heard the news of curtailments and closures as well. They will have met to discuss how this is likely to result in a greater need for crisis counselling and accessing resources to help make ends meet. That means they are anticipating your call and are getting prepared to help you the best they can. Take this as reassurance that your needs are important enough to ask for help.

Locally, we have a range of services and supports for people in need, at little to no cost. Many people are unaware of what is available and how to access it if they haven't needed to do so before. Local services include:

- Free counselling
- Programs and help for children and families
- Resume-building and job search help
- Free food and clothing

Most communities have free services for seniors, people with disabilities, domestic violence counselling/emergency housing, and addiction help.

If you live in a rural community this might mean that there isn't access to the same services available in Campbell River or Victoria.

You may find you are redirected to call a number, look online, or travel out of town for the help you need.

If you're feeling frustrated and ready to give up, let a local non-profit bridge the gap and do some of the run-around for you. They can support you in the process by giving you a quiet space to do a virtual appointment or by helping you understand how to complete forms for a childcare subsidy or a training application.

Lighten the load where you can. That could mean that even though your most pressing need is to find a new job, you lessen your overall stress by getting some help with the technology aspect of the job search. It could be getting free diapers and formula for a month so you can make the truck payment.

WHAT CAN I DO TO HELP MYSELF?

Taking care of your well-being while working your way out of job loss is like paddling to shore against the tide. You know it's the only way to get where you want to go, but it's hard work.

Make time

Do things you enjoy, and take time to rest. It takes a lot of mental energy to undergo a job search or adjust to early retirement. You can't draw water from an empty well and you won't have the reserves you need to take the path forward without taking care of yourself.

Give time

Offering time and skills to make your community a better place, like coaching youth sports or volunteer firefighting, is a good way to keep your feet on the ground when life feels out of control due to job loss. These opportunities give you somewhere to be, let you regain some sense of purpose, and might even offer new employment leads through building community connections.

Give it time

Most people take at least six months to find meaningful work after a layoff. When people do things in a rushed way, the make more mistakes. And if they're impatient and stressed, they can't think clearly. Big decisions need to be made when it comes to employment, possible relocation, and retirement. Tread carefully and thoughtfully. Health is important and caring for it is a priority. People have different barriers to feeling strong and ready to take the next step. Age, chronic conditions or pain, and genetics all play a role in how healthy a person feels. Do what you can with what your have.

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LOOKING AFTER MYSELF cont.

HOW DO I KNOW IF I CAN'T DO IT ALONE?

- If people who know you well are telling you that you need help
- If you have increased alcohol and/or cannabis use
- If you haven't been able to enjoy things that you used to for some time
- If you have panic attacks or uncontrollable anger
- If you have persistent thoughts to hurt yourself or others

ACTION SCENARIO

Calling to ask for help.

It is hard to ask for help, especially the first time. For people who have supported themselves and never needed to ask for anything, it can seem impossible. We do live in a small town, but mental health and community services are confidential. Let them know you're nervous about that right off the bat. The person on the other end of the phone should be able to explain to you their confidentiality policy and put your mid at ease.

Try starting your call by saying:

"Hi. I'd like to talk to someone. I was let go from my job and I'm not coping well. I'm hesitant to ask for help because I don't want everyone in town to know about it."



* RESOURCES

This is the beginning of the path forward. Read about a different perspective on job loss as being an opportunity to re-evaluate and reimagine the future:

www.psychologytoday.com/ca/blog/ the-new-resilience/201012/why-theloss-of-your-job-could-be-a-gainfor-your-life

Read more about signs that you or a loved one may need support with mental health:

www.northmemorial.com/10-signsthat-you-or-a-loved-one-mayneed-mental-health-support

Non-profits that can let you know about free services

CANADIAN MENTAL HEALTH ASSOCIATION

Free services include connecting people with mental health services available in the community, domestic violence counselling, and support to navigate accessing community and government services.

Read more about how job loss impacts mental health, and strategies to bounce back:

www.bc.cmha.ca/documents/ unemployment-mental-health-andsubstance-use

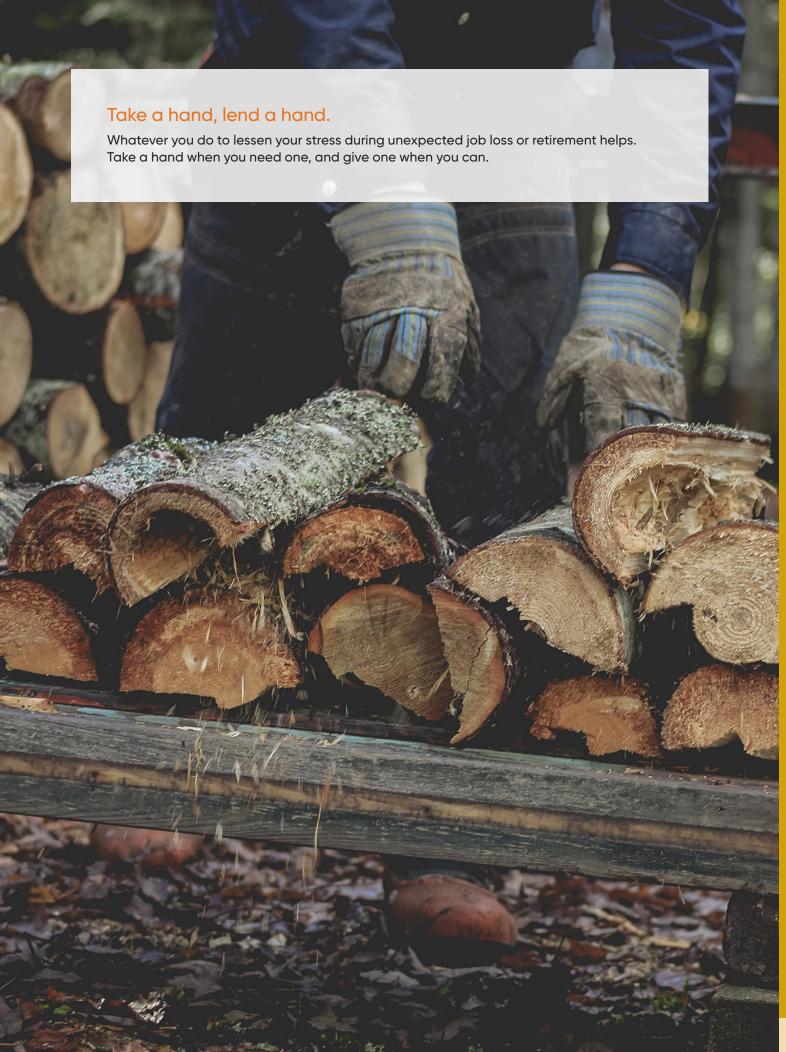
Read more about mental health for all ages:

www.helpstartshere.gov.bc.ca

FETCH CAMPBELL RIVER

The Campbell River and District
Division of Family Practice provides an online directory: FETCH – For Everything That's Community Health. It contains contact information and links to a wide variety of local community health and social service programs.

www.campbellriver.fetchbc.ca



THE PATH FORWARD

When times are toughest, putting one foot in front of the other is sometimes all a person can do. Moving forward is just that: one step at a time. Finding the path itself isn't always easy, and moving forward takes courage, tenacity, and some blind faith that better times are on the horizon

Job loss is not the end of the road. Even retirement is a new beginning.

To find your path forward, stay:

Informed

Find out what is happening and how it will impact your life.

Prepared

Take stock of what you can get done now to make life easier later.

Proactive

Stay behind the driver's wheel of your life. Make things happen.

Life doesn't unfold in a straight line. When setbacks happen, reorient and keep on moving along the path forward.

Major industry changes are a community crisis. All along the path are neighbours, friends, and coworkers. Some chip in and clear the way of obstacles where thy can. Others offer shortcuts or supplies to make the journey easier. If we do what we can and take what we need, everyone will make their way through to the other side.



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Thank you for all your efforts to improve all of this and make it a better process for the future. [It's a] huge project and many complexities in so many areas.

Thank you for reaching out..

Forestry worker

RESOURCE DIRECTORY

Mental Health

Read more about how unemployment impacts kids and how to help:

www.childdevelopmentinfo.com/parenting/ helping-kids-deal-with-parentsunemployment/#gs.4vtel1

Read more about signs that you or a loved one may need support with mental health:

www.northmemorial.com/10-signs-that-youor-a-loved-one-may-need-mental-healthsupport

Read more about how job loss impacts mental health, and strategies to bounce back:

www.cmha.bc.ca/documents/unemploymentmental-health-and-substance-use

Read more about mental health for all ages: www.helpstartshere.gov.bc.ca

Retirement planning checklist

This resource will help you to take steps to manage your financial well-being, including things like budgeting, insurance, taxes, and pensions:

www.canada.ca/en/financial-consumeragency/services/retirement-planning/ retirement-checklist.html

Seniors First BC

At Seniors First BC there are a no of programs that support older adults including advance planning, legal advocacy both online and through public education and outreach.

www.seniorsfirstbc.ca

Psychology Today

This is the beginning of the path forward. Read about a different perspective on job loss as being an opportunity to re-evaluate and reimagine the future:

www.psychologytoday.com/ca/blog/the-new-resilience/201012/why-the-loss-of-your-job-could-be-a-gain-for-your-life

Winter checklist for homeowners

Taking care of things at home before the snow flies makes life easier, especially when working away. By planning ahead, losing heat during a cold snap is less likely and everyone will feel more comfortable. Read about ways to prepare your home for winter:

https://blog.renovationfind.com/wintermaintenance-checklist-for-canadianhomeowners

Winter checklist for vehicles

Vehicle require a lot of care to carry your family safely to work, school, and sports in the winter. Taking steps to get ready is a way a person who finds themselves working out of town can care for their family and their assets. It also might mean there is less work to do around home on your days off. Plan ahead and prepare vehicles for winter:

www.carhelpcanada.com/wintermaintenance-checklist-vehicle

RESOURCE DIRECTORY

Working as a family unit

Learning to operate as a family unit in a new way while working away takes some "buy-in" from everyone I the family. The Metlakatla Development Corporation (near Prince Rupert, B.C.) published an excellent BC Work Camp Survival Guide for families in 2017. Check it out here for tips on how to thrive as a family and as an employee while working away:

www.youtube.com/@ bcworkcampsurvivalguide8278/videos

www.campbellriver.ca/docs/default-source/business-economy/sector-profiles/bc-work-camp-survival-guide-for-employees.pdf

www.campbellriver.ca/docs/default-source/business-economy/sector-profiles/bc-work-camp-survival-guide-family-resources.pdf

WorkBC

The local centre offers free hep with resumes, job search, skills assessment, and training.

www.workbc.ca/index.php/discoveremployment-services/workbc-centres/workbccentre-locations

Vancouver Island Public Library Campbell River

The library has trained staff to assist with research and offers many services including access to free online courses

1240 Shoppers Row Campbell River BC V9W 2C8 Phone: 250-287-3655

campbellriver@virl.bc.ca

www.virl.bc.ca

North Island Employment Foundations Society

920 Alder St Campbell River BC V9W 2P8 Phone: 250-286-3441 Toll-free: 1-866-286-6788

www.niefs.net

