



CASCADE UNISERV COUNCIL

2352 SW GLACIER PLACE
REDMOND, OR 97756

PHONES: 548-4543 ♦ 548-4764
1-800-548-1254 ♦ 1-800-448-5099

RESOURCES FOR THOSE FACING LAYOFF

Unemployment Benefit Information:

- General: <http://www.oregon.gov/EMPLOY/UI/index.shtml>
- Information about how to file online for unemployment benefits: http://www.employment.oregon.gov/EMPLOY/STORIES/online_filing_success.shtml: or 503-451-2400
- To file online: www.workinginoregon.org/ocs
- Benefits estimator: <http://findit.emp.state.or.us/ocs/estimator/>
- Benefits website (Oregon benefits programs): <http://www.govbenefits.gov/> [Search term: "Oregon"]

Employment Opportunities:

- Education jobs: www.edzapp.com
- Oregon jobs: <http://www.employment.oregon.gov/>
- Work Source Oregon (jobs and training programs): <http://www.worksourceoregon.org/>
- Multnomah County: <http://www.co.multnomah.or.us/jobs/>
- Oregon AFL-CIO – Help for the unemployed: <http://www.oraficio.org/> [select left side tab: "For the Unemployed"]
- Portland State University: <http://www.pdx.edu/hr/employment>

Other Services:

- Crook, Deschutes and Jefferson Counties NeighborImpact Child Care Resources: www.neighborimpact.org/ccr.html
- Gilliam, Hood River, Sherman, Wasco and Wheeler Counties Child Care Partners: www.cgcc.cc.or.us
- Harney County Child Care Resources: www.trainingemployment.org
- Portland Community College – advice on what to do after a layoff, from preparation for layoff to assistance afterward: http://spot.pcc.edu/~rjacobs/career/losing_a_job.htm
- Oregon Helps - information on programs such as Low Income Energy Assistance (LIEAP), Temporary Assistance for Needy Families (TANF), Employment Related Childcare (ERDC), Property Tax Deferral, Portland Water Bureau's Financial Assistance Program, Emergency Food, etc.): www.oregonhelps.org/
- Oregon Division of Consumer and Business Services - help with unemployment, maintaining health insurance while unemployed and foreclosure prevention: <http://egov.oregon.gov/DCBS/>
- Help with Home Ownership Preservation: <http://foreclosurehelp.oregon.gov/>
- AFL-CIO – resources on topics such as Unemployment Checklist, Talking to your Family, Where to go for Help, Dealing with Creditors, Keeping a Roof Over Your Head, Putting Food on the Table, Managing Utility Bills, Staying Insured, Getting a Job, etc.: www.unemploymentlifeline.com
- AFL-CIO resource handbook "When the Paycheck Stops": <http://www.aficio.org/issues/jobseconomy/unemployment/handbook/index.cfm>
- Oregon State University's extension service website with a number of helpful publications addressing topics related to job loss: http://oregonstate.edu/admin/hr/jobloss/web_sites.pdf
- Miscellaneous community resources: <http://www.211info.org/>
- COBRA Continuation of Health Coverage: <http://www.dol.gov/dol/topic/health-plans/cobra.htm>
- NEA Member Benefits: www.neamb.com/assistance - 800-637-4636, provides information on coping with non-renewals, layoffs, salary cuts and other financial issues. Provides access to credit counselors, loan modification services, and retirement counselors. Also outlines steps to take to prepare for a new career opportunity.
- NEA Academy - Tuition assistance program for laid-off NEA members towards online, graduate level courses: <https://www.neacademy.org/index.html>