

## Help with 'Navigating in Tough Times'

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To the Editor: On Tuesday, March 3, a Career Management Seminar was held at the Darien Community Association. It was sponsored by the Human Services Planning Council of The Community Fund of Darien under the banner of CARE Darien. The panelists were: John Bassler, recently retired managing director of Korn/Ferry International; Douglas Campbell, CEO of The Successful Coach; and Harry Gellar, former vice president of Right Management Consultants.

These three experts provided invaluable knowledge and insights as to how to approach the job search process. In a thoughtful and dynamic dialogue with participants, they shared how to manage career transitions to effectively find meaningful work. They also offered guidance as to how to explore potential opportunities in different industries.

Among those in attendance were people from the finance industry, the service industry and the not-for-profit sector, and there were "take-aways" for everyone, including a number of recommended resources.

The program will be offered again on Wednesday night, March 11, at 7:30 p.m., at the DCA, 274 Middlesex Road.

During these difficult economic times there are many people in our community who are currently looking for jobs as well as those who may be thinking about returning to the workforce. It is our hope that these people will take advantage of this special program (offered free of charge) to hear from our resident experts about how to approach the job search in a most effective and productive manner.

In addition, the HSPC and the Darien Library are sponsoring "Recession Proofing Your Family" on Saturday, March 7, at the Darien High School and Wednesday, March 18, at the Darien Library from 9:30 to 11 a.m. Topics include: Parenting in Tough Times; Keeping Relationships Strong; Getting Your Needs Met; and Resources in the Community. Speakers are from Child Guidance Center, Family Centers, Darien Family & Youth Options, Person-to-Person and Darien Social Services.

We encourage people to join us for these programs, designed to help us all "Navigate in Tough Times." Our community has come together to offer its support to our friends and neighbors during these challenging times. That's what CARE Darien is all about.

Martha Rhein and Kiki Karpen

Co-Chairmen, Human Services

Planning Council