



DEPARTMENT OF
CAREER SERVICES

Workforce Issuance

100 DCS 14.612

☐ Policy ☒ Information

To: MassHire Workforce Board Chairs
MassHire Workforce Board Directors
MassHire Career Center Directors
MassHire Fiscal Officers
MDCS Operations Managers

cc: WIOA State Partners

From: Beth Goguen, Director
MassHire Department of Career Services

Date: April 16, 2025

Subject: **Resilience Workshops for People Impacted by Cuts to Federal Programs**

Purpose: To notify MassHire Workforce Boards, MassHire Career Center Operators and other local workforce partners of FREE Resilience workshops for people who've lost jobs, or been impacted by the cuts to programs

Background: [The Center for Grounded Action](#) is offering FREE Resilience Workshops for people who've lost jobs, or have been otherwise impacted by cuts to Federal Programs. Workshop participants are met with compassion and skillful support to develop grounded resilience. This in-person workshop teaches skills for deep effective practices to handle stress and build relational skills to connect.

Workshop Details

Date: Saturday, April 19, 2025
Time: 12:30 p.m. – 4:30 p.m.
Location: Lasell College, Newton, MA
Registration Link: [Free Resiliency Workshop](#)

Action

Required: Please share this information with staff, managers, and partners as appropriate.

Effective: Immediately.

Inquiries: Jen Wofford, MSW, LICSW@ www.JenniferWofford.com