

FOR WHOM? — ALL EMPLOYEES, THEIR SPOUSES AND DEPENDENTS, AT HOME AND ABROAD

Have you just had the last major disagreement with your spouse and decided "I can't take this anymore, but where do I go from here"?

Have you just had that final argument with your teenager that made you declare, "I give up, you can do and go where you blessed well please" and it hurts!

Have you just lost the dearest, most precious person in your life and find yourself paralyzed and overwhelmed with sadness?

Have you just received crushing news of your state of health and don't know how you'll get through the trauma in the coming months?

Have you just been told your financial state of affairs isn't what you thought it was — in fact "we're in deep trouble" says your capable, trusted mate.

Have you decided that the next time, the boss is rude, uncaring, and simply too demanding you'll pitch something at him(her)?

Do you find yourself teary, tired, lonely, isolated, bored, with no one to turn to or at best no one you think would understand?

Do you find your life at a standstill with absolutely no hope of a challenge or change?

Have either you, your spouse, or your kids been imbibing too much, too often, and now it's affecting everything you do or say or how you live, either at work or at home?

If all, some, or one of the above situations is affecting you, there is someone who will listen, will try to help you resolve your problem, will steer you in the right direction, will encourage or just simply share — Try her — at 992-1641. The service is free, confidential; it can be a self-referred or

management-referred encounter. At headquarters one need only knock on the door or phone for an appointment — overseas a letter requesting help is all that's needed □

Personnel Welfare Counselling Services
Counsellor — Mrs. Marjorie Caverly
Location — Tower D, 2nd Floor
Phone — 992-1641

CIRCULAR DOCUMENT

Employment policy for spouses and dependants

No. 38/87

The difficulties confronting spouses of foreign service employees wishing to pursue a career are frequently mentioned as a source of concern with foreign service life. The Department acknowledges that a rotational career often has a negative impact on the employment and career prospects of a spouse. Indeed, the very nature of foreign service life can inhibit the normal development of a spouse's career.

POLICY

"It is the policy of the Department to facilitate employment opportunities for spouses and dependants.

While neither Headquarters nor a Post can act as an employment agency, the Department will offer encouragement and whatever assistance is possible to spouses and dependants seeking employment" □



Mrs. Marjorie Caverly