

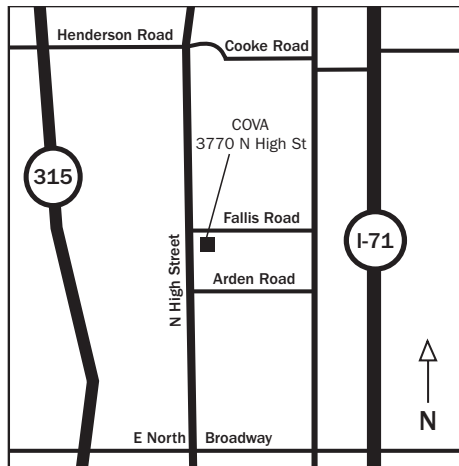
## CLUB COVA

### Location, Parking, Hours

COVA offices are located at 3770 N. High St. in Clintonville. COTA buses stop directly in front of COVA on High Street.

Parking is available in lots adjacent to COVA or across High Street at the parking lot on the north side of Smith's Deli.

Most of our services are provided in the central Ohio region, and our Benefits and Financial Consulting program serves clients in 63 counties in Ohio.



### Business Hours

Monday – Friday, 8 a.m. - 5 p.m.

### Columbus Orientation

Mondays, 1:30 p.m.

Tuesdays and Thursdays, 1:30 - 2:30 p.m.

Wednesdays, 5:30 p.m.

Fridays, 11 a.m. - noon

No appointment is needed.



### Center of Vocational Alternatives

3770 N. High St.  
Columbus, OH 43214

(614) 294-7117 main  
(877) 521-2682 toll-free  
(614) 294-7443 fax  
(614) 298-6884 tty

27 W. Winter St.  
Delaware, OH 43015  
(740) 363-5562

www.cova.org

### COVA's Mission

**COVA is the central Ohio region's leader in vocational rehabilitation services for people with mental illnesses and other disabilities that pose a barrier to employment. We serve nearly 3,000 clients and 200 employers each year.**

**A private, nonprofit agency founded in 1983, COVA's mission is to assist and support the community in overcoming mental, emotional and other challenges to a productive life, focusing on employment, economic stability and life skills.**

### Weekly Club COVA Meetings

Anyone seeking a supportive environment to ask questions about various aspects of returning to work is invited to our weekly Club COVA sessions, which will be held on Wednesday evenings from 6 to 7 p.m. at our Clintonville offices. We will be posting our weekly schedule of topics on our Web site, [www.cova.org](http://www.cova.org), and will be asking for new topics from attendees. We hope participants will share their recovery journey with the group.

### Winter 2009 Schedule

**Feb. 11** – How to overcome your criminal background. Where do you look for employment if you have a criminal record? How should you answer the “felony question” on an application or in an interview?

**Feb. 18** – Understanding the ramifications of filing for bankruptcy and the long-term implications. Who can file for bankruptcy and what does the process involve? How can it affect your financial future?

**Feb. 25** – Getting answers to your employment questions from the Human Resources perspective. What is the Family and Medical Leave Act? What does it mean if you are an at-will employee? What kind of accommodations are required under the Americans with Disabilities Act? Feel free to bring your questions for our HR expert.

**March 4** – Getting answers to your financial questions, including how to budget your money, boost your credit score, and save money for future expenses.

**March 11** – Two topics of discussion: First, you will learn effective ways of dealing with stress and how to lower stress levels. Then, the topic will shift to cultural diversity: what it is, why it's important and what it means in today's workplace.

**March 18** – Discussion of an array of mental health issues. What are the symptoms and how do you manage them? Who can you turn to for help? How can you continue to work while dealing with such issues?

**March 25** – How to break into the medical field: where to look for jobs, how to update your resume, and how to prepare for interviews.