

Profiles of Hope



About a year ago, Sor Alvarez was at a crossroads. Recently laid off and struggling to pay her rent, Sor heard about a job-training program for women offered by Project Self-Sufficiency. Knowing that she needed to freshen her skills in order to make herself more marketable in the changing workplace, Sor enrolled in the agency’s “Summer Office Skills (SOS)” program. Sor plunged into the class, fine-tuning her computer skills, updating her resume, and getting help with her interview skills. Sor even received on-the-job work experience at a local work site as part of the course’s externship program. Within weeks of completing the 8-week course, Sor received a phone call from a former employer asking if she would consider rejoining their team. Sor negotiated a higher salary, and ultimately took the job.

“I was employed for 30 years in the automotive industry,” remarked Sor. “I started as a factory worker and then moved on up to management. I was laid off because the company was bought by another company, and then went bankrupt.” At the time she contacted Project Self-Sufficiency, “I was unemployed and I needed to enhance my computer skills.”

During the time she was between jobs, Sor moved to Sussex County in order to escape the higher rental prices in areas closer to New York City. She learned about Project Self-Sufficiency from an article in the local paper. Sor met with a case manager to assess her short-term and long-term goals before enrolling in the Summer Office Skills program. “I wanted to find a steady job and be financially secure,” commented Sor. She was so enamored of the program, that she has recommended it to several other women, including her own daughter-in-law. “I really liked it. My teacher was very patient and the other students were very nice. It’s wonderful what Project Self-Sufficiency does to help people who are in crisis.”

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Sor Alvarez