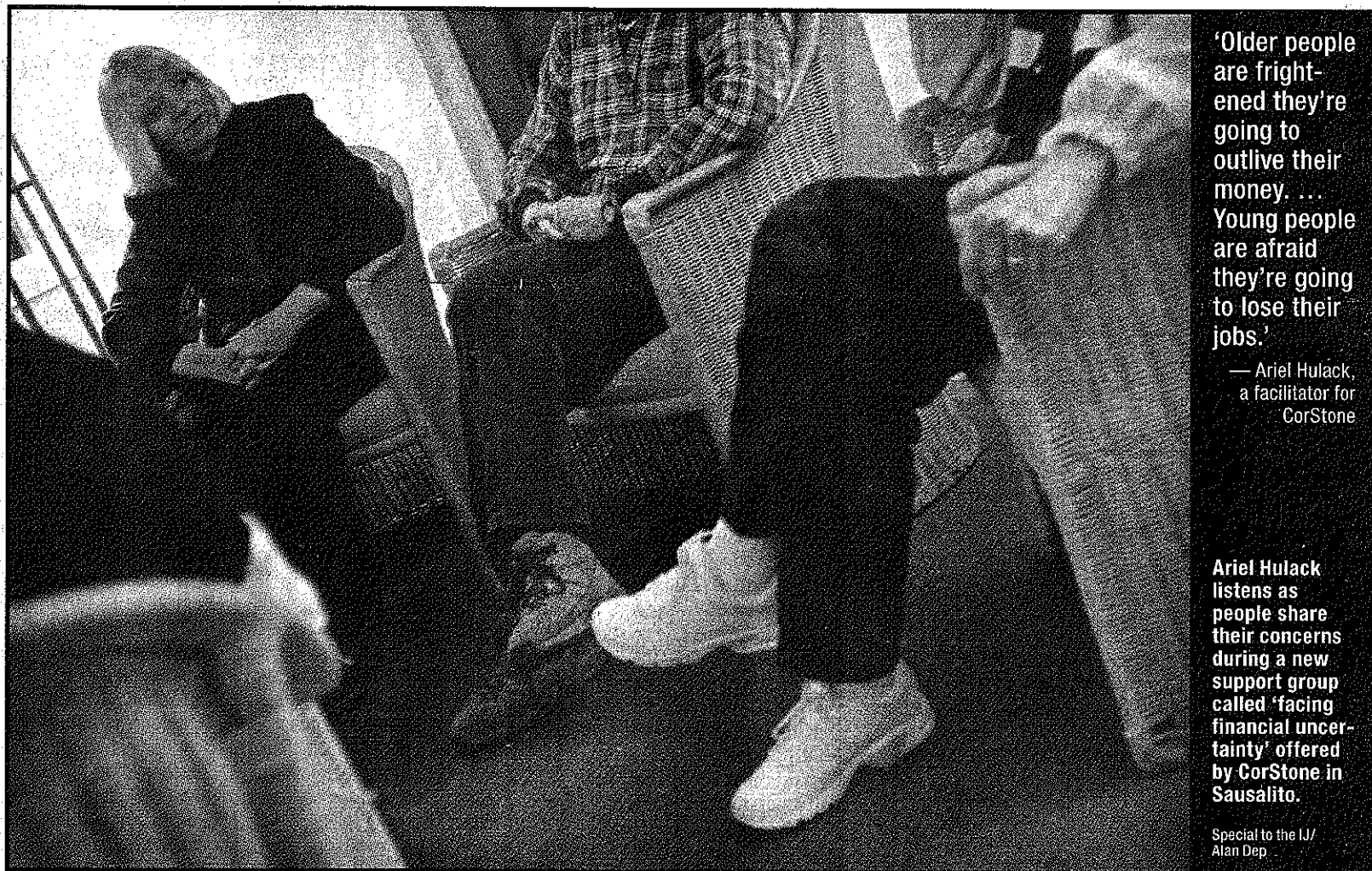


HIGH ANXIETY AS CRISIS DEEPENS



'Older people are frightened they're going to outlive their money. ... Young people are afraid they're going to lose their jobs.'

— Ariel Hulack, a facilitator for CorStone

Ariel Hulack listens as people share their concerns during a new support group called 'facing financial uncertainty' offered by CorStone in Sausalito.

Special to the IJ/
Alan Dep

Counseling groups and hotlines are more active as residents expressing financial concerns

By Richard Halstead
Marin Independent Journal

AS THE ECONOMIC crisis drags on, like a nightmare that refuses to end, Marin residents are struggling to deal with the emotional fallout.

The suffering is so great that CorStone, a nonprofit based in Sausalito, formerly known as the International Center for Attitudinal Healing, has started a weekly "facing financial uncertainty" support group. Fifteen people attended the first meeting in January.

"People are so frightened," said Ariel Hulack, one of the group's facilitators. "Older people are frightened they're going to outlive their money. They see their retirement savings dwindling to

nothing. Young people are afraid they're going to lose their jobs. People who before have never had a problem getting a job are now finding it so difficult."

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Linda Allen, director of Marin's Suicide Prevention and Community Counseling program, which operates a 24-hour crisis hotline, said, "There are more people talking about losing jobs and losing their homes and being really concerned about the economy."

Jeff Sherman, Marin County's deputy coroner, said a couple of the people who committed suicide in Marin within recent months did so due

