

JFS is Here For You!

BEREAVEMENT GROUP

Mondays | 11:00 am

(Adults at all stages of bereavement are welcome - Facilitated by Ariel Mantzoor, MSW)

Zoom Link: [Click here](#)

Meeting ID: 933 4463 7240

Thursday | 12:00 pm

(Adults at all stages of bereavement are welcome - Facilitated by Ariel Mantzoor, MSW)

Zoom Link: [Click here](#)

Meeting ID: 919 0099 7906

CANCER SUPPORT GROUP

(in Partnership with B'nai Torah Congregation)

Monthly, Second Wednesday of the Month (7/14 | 4:00 pm

(A group for cancer patients and survivors to gain support and share experiences." - Facilitated by Ariel Mantzoor, MSW)

Zoom Link: [Click here](#)

Meeting ID: 926 9915 7661

STUCK IN THE MIDDLE

Tuesdays | 12:00 pm

(Finding balance in taking care of yourself, your kids, and your parents - Facilitated by Melissa Alter, MSW)

Zoom Link: [Click here](#)

Meeting ID: 951 6927 8879

Password: 292942

INFERTILITY GROUP

(In partnership with Temple Beth El)

Monthly, third Thursday of the Month (7/15) | 7:00 pm

(To help those facing infertility and miscarriage challenges - Facilitated by Jaclyn Tureff, LCSW)

Zoom Link: [Click here](#)

Meeting ID: 972 5276 1132

Password: 012175

WOMEN'S EMPOWERMENT & SUPPORT GROUP

Thursdays | 6:00 pm

(Due to sensitivity of the group, contact, Lorrie Conglose, MS, LMHC Dir. JFS Domestic Abuse Education & Action, for more information: 561.852.3356 or LorrieC@ralesjfs.org)

SOCIAL SUPPORT GROUP FOR SENIORS (In Partnership with B'nai Torah Congregation)

Every Other Wednesdays (7/14 and 7/28) | 2:00 pm

(Connect with others who are feeling the impacts of COVID-19 - Facilitated by Ariel Mantzoor, MSW)

Zoom Link: [Click here](#)

Meeting ID: 885 5607 4041

Password: i2hGGc

CAREGIVER SUPPORT GROUPS

Tuesdays | 2:00 pm

(for adult caregivers - Facilitated by Howard Horowitz, LCSW)

Zoom Link: [Click here](#)

Meeting ID: 408 724 9274

Password: 4Gh7k2

Wednesdays | 10:00 am

(for adult caregivers - Facilitated by Naomi Shapiro, MSW)

Please call Naomi at

561.558.2542 to register & obtain Zoom link.

Thursdays | 10:30 am

(for adult caregivers - Facilitated by Ariel Mantzoor, MSW)

Zoom Link: [Click here](#)

Meeting ID: 622 457 557

Fridays | 10:00 am

(for adult caregivers - Facilitated by Naomi Shapiro, MSW)

Please call Naomi at

561.558.2542 to register & obtain Zoom link.

PARENTING WEBINAR SERIES

Thursdays | 7:15 pm - 8:15 pm

(This series will focus on problem solving with your children, positive communication and helping your child develop emotional regulation skills. - Coordinated by Francine Rubinstein, Psy.D.)

Call or email JFS at **561.852.3333** or **info@ralesjfs.org** for more information or to register. A link to the group will be provided upon registration.

WELCOME BACK: RETURNING TO NORMAL

Wednesdays | 4:30 pm - 5:30 pm

(Preparing middle school students who are anxious or nervous about returning to school with in-person classes - Facilitated by Arielle Blumenthal, LCSW. Participants are encouraged to register for the group by contacting Arielle at ArielleB@ralesjfs.org)

Zoom Link: [Click here](#)

Meeting ID: 936 2962 3407



Ruth & Norman Rales
Jewish Family Services
Help. Hope. Humanity.

Virtual Support Groups

JFS Special Needs Groups are in partnership with JAFCO and Levis JCC Helene & Roy Schwedelson Special Needs Department.

SPECIAL NEEDS PARENT CAREGIVER SUPPORT GROUP (DAYTIME)

Tuesdays | 10:00 am

Zoom Link: [Click here](#)

Meeting ID: 844 4838 7829 Password: 745549

SPECIAL NEEDS GRANDPARENT SUPPORT GROUP

Fridays | 10:30 am - 11:45 (Note new day of the week!)

Alternating weeks between Zoom and in-person.

In-person location TBD

In-person dates: 7/2, 7/16 and 7/30

Zoom dates: 7/9 and 7/23

Zoom Link: [Click here](#)

Meeting ID: 889 4585 9619 Password: 952283

SPECIAL NEEDS PARENT CAREGIVER SUPPORT GROUP (EVENING)

Wednesday (7/7 and 7/21) | 6:30 pm

Zoom Link: [Click here](#)

Meeting ID: 956 1241 2078 Password: 658329

JFS CAREER & EMPLOYMENT SERVICES:

STEPS TO SUCCESS

Is your resume up to date? Are your interviewing skills polished? From first time job seekers to those in career transition, this four day workshop utilizes a Career Achievement Process (CAP) to create customized action plans. Clients are transformed into job ready candidates aimed towards career success.

STEPS TO SUCCESS:

BUILDING AND MARKETING YOUR PERSONAL BRAND

7/13/21 | 10:00 am - 11:00 am | Link [Click here](#)

STEPS TO SUCCESS:

CREATING A RESUME THAT POPS!

7/14/21 | 10:00 am - 11:00 am | Link [Click here](#)

STEPS TO SUCCESS:

NETWORKING AND INTERVIEWING SKILLS

7/15/21 | 10 am - 11 am | Link [Click here](#)

STEPS TO SUCCESS:

PRACTICING YOUR 30 SECOND "ELEVATOR" SPEECH

7/16/21 | 10:00 am - 11:00 am | Link [Click here](#)



NETWORKING ONLINE

The majority of jobs are found through networking. Networking is about building and developing relationships. Online networking has become essential due to Covid. Learn the skills to successfully network and find your next job!

7/7/21 | 10:00 am - 11:00 am | Link [Click here](#)

CREATING A JOB SEARCH PLAN

Creating an effective job search plan can be a challenge. Organization, scheduling, establishing milestones and accountability are among the vital components when beginning a job search. Let CES help you with creating a job search plan that will put you on track for finding your next position.

7/21/21 | 10:00 am - 11:00 am | Link [Click here](#)

MANAGING YOUR JOB SEARCH STRESS-COPING SKILLS

Through interactive discussion, participants will be able to recognize their emotional triggers, begin to overcome limiting beliefs about "bad" emotions, and learn how to manage emotions and reactions to other's emotions in the work environment or job search process.

7/28/21 | 10:00 am - 12:00 pm | Link [Click here](#)

YOUTUBE VIDEOS

CES will add a new Youtube video biweekly covering employment related topics. Learn quick tips that will assist you with furthering your job search. Click >> [JFS CES YouTube Channel](#) to connect and subscribe to our CES Youtube page.

ZOOM MOCK INTERVIEWS

Practice your interview skills and receive feedback on presenting yourself to employees. These interviews are offered online on Thursdays by appointment via the Zoom platform.

IF YOU OR SOMEONE YOU KNOW NEEDS ASSISTANCE, REACH OUT TO JFS TODAY.

Call: [561.852.3333](tel:561.852.3333) | Email: info@ralesjfs.org | Visit: ralesjfs.org



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