

# Going Back to Work After Kids

Thursday, November 3, 2016 9:30am – 11:30am

Rosenbloom Owings Mills JCC (Morstein Performa)  
3506 Gwynnbrook Avenue

**Your job description is changing. You are returning to the workforce after taking time off to raise your kids.**

Whether you put your career on hold for a few years until your children started school or for decades until they left the nest, going back to work after an extended break can present challenges.

**Our panel of experts share strategies for:**

- Dealing with the emotional tug of war
- Finding the balance between work and family
- Managing the stress of playing career catch up

**Panel:**

**Mandy Diamond**

*Principal Consultant, Blue Zone Thinking*

**Crystal Willoughby, PsyD**

*Licensed Clinical Psychologist*

**Lisa Gorman**

*Career Coach/Manager of Employer Services,  
Jewish Community Services*

**Free and open to the public. Pre-registration preferred.**  
[jcsbaltimore.org/parenting](http://jcsbaltimore.org/parenting) • 410-843-7467

To request ADA accommodations, please contact us at least three weeks before the program. Please note that we may not be able to fulfill all requests.

