



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

Virtual Support Groups

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)

Wednesday (4/14/21 and 4/28/21) | 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

WOMEN'S EMPOWERMENT & SUPPORT GROUP

Thursdays | 6:00 pm

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



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

Wednesdays | 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@ralejfs.org for more information or to register. A link to the group will be provided upon registration.

If you or someone you know needs assistance, reach out to JFS today.

Call: 561.852.3333 | Email: info@ralejfs.org

Visit: ralejfs.org

Like Us on Facebook: www.facebook.com/ralejfs

Follow Us on Instagram: [instagram.com/ralejfs](https://www.instagram.com/ralejfs)



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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

Wednesdays | 11:00 am

Zoom Link: [Click here](#)

Meeting ID: 889 4585 9619 Password: 952283

SPECIAL NEEDS PARENT CAREGIVER SUPPORT GROUP (EVENING)

Wednesday (4/14/21 and 4/28/21) | 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 workshop provides 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

4/8/21 | 10:00 am - 12:00 pm | Link [Click here](#)

STEPS TO SUCCESS: CREATING A RESUME THAT POPS!

4/15/21 | 10:00 am - 12:00 pm | Link [Click here](#)

STEPS TO SUCCESS: SELLING YOURSELF EFFECTIVELY

4/22/21 | 10:00 am - 12:00 pm | Link [Click here](#)

STEPS TO SUCCESS: PRACTICE YOUR 30 SECOND PITCH

4/29/21 | 10:00 am - 11:00 am | Link [Click here](#)

GOOGLE DOCS

Google Docs is an online word processor included as part of the free, web-based Google Platform. Sign up for our third webinar in the four-part Google Webinar series, and learn how to use the web-based platform to create and format documents while simultaneously collaborating with other people. Attendees will learn the best formatting techniques to optimize their resumes for the Applicant Tracking System (ATS) utilizing the free, web-based Google Platform.

4/20/21 | 10:00 am - 12:00 pm | Link [Click here](#)

EMPLOYER SPOTLIGHT – HOME HEALTHCARE COMPANY

We invite you to participate in this workshop and learn directly from our expert employers' advice on interviewing tips and information about the types of positions they typically have available.

4/30/21 | 10:00 am - 11:00 am | 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 Wednesdays by appointment via the Zoom platform.

WORKSHOPS:

HOW TO MANAGE STRESS & ANXIETY

Is Stress and Anxiety Disrupting Your Daily Routine? Learn tips and insights on how to cope with daily challenges. - Facilitated by Jaclyn Tureff, LCSW with Panel of JFS experts.

4/13/21 | 12:00 pm | Link [Click here](#)

4/14/21 | 7:00 pm | Link [Click here](#)

FINANCIAL SELF-CARE

This free financial wellness workshop to help you create and work towards your financial goals and in turn, relieve financial stress. - Facilitated by Kristi Clark, MSFS, ChFC®, CLU®, CAP®, FIC and JFS Food & Financial Assistance.

Register by visiting ralesjfs.org/financialselfcare

[20872]

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

Call: 561.852.3333 | **Email:** info@ralesjfs.org
Visit: ralesjfs.org



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Follow Us on Instagram: [instagram.com/ralesjfs](https://www.instagram.com/ralesjfs)