

Schoke Jewish Family Service Programs and Activities – Fall and Winter 2017

EVENTS

SAVE THE DATE: The 6th Annual Saul Cohen-Schoke JFS Lecture on Thursday, November 9th at 7:30 PM, Ferguson Library, Stamford

The Family Today: Secrets to Stronger Relationships and Greater Happiness at Any Age Featuring Bruce Feiler, author of six consecutive New York Times bestsellers, including *The Secrets of Happy Families* and his newest book, *The First Love Story: Adam, Eve and Us*. For more details, visit www.ctjfs.org Free and open to the community.

Winter Outerwear Drive: Schoke JFS is collecting winter outerwear and accessories for our Kosher Food Pantry clients and their children. Please donate adult new and gently used coats and jackets (larger sizes preferred), hats, gloves, mittens, scarves by November 21st. Retail store gift cards are greatly appreciated too. Contact Rebekah Kanefsky, JFS Case Manager at 203-921-4161 or email rkanefsky@ctjfs.org to arrange for drop off at Schoke JFS office, 733 Summer Street in Stamford.

Financial Fitness Program--Tuesday, November 11th at 7PM to 9PM at the Bridgeport office of Schoke JFS at 4200 Park Avenue, Bridgeport. A free educational workshop on *Preventing Identity Theft*. LifeBridge Community Services Educator, Deborah Johnson, VP at JP Morgan Chase, will present the workshop in partnership with Schoke JFS and the Federation for Jewish Philanthropy of Upper Fairfield County. Please reserve a spot by contacting Rebekah Kanefsky, Schoke JFLE Coordinator at 203-921-4161 or email at rkanefsky@ctjfs.org.

Schoke JFS Shredding Day--Sunday, November 12th at 8:00 AM-11:00AM at Schoke JFS office at 733 Summer Street, Stamford

Want to securely dispose of credit cards, passports, bills, invoices, checks, statements or other personal papers? Bring your items along with a donation of kosher non-perishable food or toiletries or grocery gift cards for the Schoke JFS Food Pantry. For more details, please contact Lisa Rich at lrch@ctjfs.org or 203-921-4161. Sponsored by Michael Alexander, Plaza Realty and Fred Springer.

Schoke JFS College Ahead! Tuesday, December 5th at 7:30 PM

Deans of Admissions of prominent colleges will form a panel of experts to share information about the college admission process, academics, Jewish life on campus, residential options and other topics of interest. Claire Friedlander, JFS College Consultant, will moderate the discussion at the Stamford JCC, 1035 Newfield Avenue. Open to the community at no cost and registration is not required. Contact Claire Friedlander at 203-921-4161 or email clairef@ctjfs.org for more information.

Schoke JFS Race to College—Mondays, January 22, February 12 and March 5th at 5:30 PM to 7:00 PM at the Harry Bennett Branch of the Ferguson Library in Stamford. Sessions will cover recent changes in application process, standardized test scores, choosing the best essay question to answer, planning college visits and the importance of community service. All are welcome to attend at no cost. For more information, please contact Claire Friedlander at clairef@ctjfs.org or 203-921-4161.

SUPPORT GROUPS

Let's Talk- Tuesdays, 11 :00 AM, Free *at the Stamford JCC, 1035 Newfield Avenue*
Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor. Contact Sheila Duggan at 203-921-4161 or sduggan@ctjfs.org.

Let's Talk - Thursdays, 1:00 PM, Free *at the Westport Senior Center, 21 Imperial Avenue, Westport.*

Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor. Contact Sheila Duggan at 203-921-4161 or sduggan@ctjfs.org.

Schoke JFS Brain Fitness Group Program —Monday, October 16 from 10:30 am-12 PM *at the Stamford JCC, 1035 Newfield Ave. Stamford*

Designed for individuals looking to stimulate their brain power with a focus on insight, reducing stress, inspiring confidence, and providing practical support to help reach personal goals! Come and meet others and participate in some mental exercises to stimulate brain power. No cost to attend. Light refreshments

will be served. Advance registration suggested by contacting Jami Fener, Brain Fitness Program Coordinator at jfener@ctjfs.org or 203-921-4161 x121.

Let's Talk – Fairfield, Mondays at 12:45 PM at the *Bigelow Center for Senior Activities, 100 Mona Terrace, Fairfield*. Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor. Contact Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org

Schoke JFS Spousal Bereavement Group

- **Mondays at 10:30 AM** at *Congregation B'nai Israel, 2710 Park Avenue, Bridgeport and*
- **Fridays at 10:30 AM, beginning September 8th** at *Stamford JCC, 1035 Newfield Road, Stamford*

Gather to share feelings and exchange ideas in a non-judgmental environment that provides emotional, practical, and spiritual support for grieving the loss of a spouse or significant other. Contact Amanda Geffner, Schoke JFS Therapist at 203-921-4161 or ageffner@ctjfs.org.