

Schoke Jewish Family Service Programs and Activities –January-March 2019

Pamela and Michael Hirsch Kosher Home Delivered Meal Program-Seven meals will be delivered weekly to those in our community who have difficulty shopping and preparing their own food. Once a week, a volunteer will deliver the seven microwave ready meals and spend time visiting with the recipients, should they desire. This is a subscription service. Reduced rates will be available for families who qualify. For more information, please contact Jill Knopoff, Volunteer Coordinator at 201-921-4161 or email at jknopoff@ctjfs.org

Brain Fitness Group Program–Session #2: Mondays, 10:30 AM -12:00 pm, March 4-Reasoning; March 11-Memory-Recall; March 18-Visual Organization at the Stamford JCC, 1035 Newfield Avenue Want to stimulate your brain power? Sessions will focus on specific areas of concentration. Advance registration suggested. Light refreshments will be served. JCC Members: \$8 per session. Open to the community at \$10 per session. All three sessions: \$20 for JCC members/ \$25 for community. To register, contact Connie Cirillo Freeman at 203-487-0983 or email cfreeman@stamfordjcc.org For additional information, contact Dr. Toby Lazarus, Schoke JFS Brain Fitness Program Coordinator at 203-921-4161 or tlazarus@ctjfs.org.

Living with Loss: Schoke JFS Bereavement Support Group – Mondays, 1:45 – 3:30 pm at Temple Israel, 14 Coleytown Road, Westport and **Fridays, 12:30 pm** at Stamford office of Schoke JFS. Find the healing which comes of being with others who know first-hand what you are going through. Learn how Jewish ritual, prayer and tradition can support the grieving process. For more information or to register, please contact Amanda Geffner, Schoke JFS Psychotherapist, at 203-921-4161 or email ageffner@ctjfs.org

Employment and Life Transitions Support Group, Wednesdays, 1st and 3rd of every month, 3:00 pm at Stamford office of Schoke JFS. Looking for emotional support while searching for employment? Need practical help during the job search? Join the support group, facilitated by Lois Meyer, LMSW, Schoke JFS Case Manager, to help you through this transition. No cost. For registration, please contact Lois Meyer at 203-921-4161 or email lmeyer@ctjfs.org

Divorce Support Group-Wednesdays, 1/30, 2/6, 2/13 and 2/20 at 6:45 pm at the Stamford offices of Schoke JFS. The group will explore, look, listen, learn and love about the topic of separation, divorce and parenting. For more information, please contact Lois Meyer, LMSW at 203-921-4161 or email at LMeyer@ctjfs.org

Let's Talk

Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor.

Tuesdays, 11 :00 AM, Free *at the Stamford JCC, 1035 Newfield Avenue*

Contact Helene Wurtzel at 203-921-4161 or hwurtzel@ctjfs.org.

Thursdays, bimonthly, 10:30 am, Free *at Jewish Senior Services, 4200 Park Avenue,*

Bridgeport Contact Rebekah Kanefsky for exact dates at 203-921-4161 or rkanefsky@ctjfs.org

Thursdays, 1:00 pm *at Westport Senior Center* Contact Helene Wurtzel at 203-921-4161 or

hwurtzel@ctjfs.org.