

Schoke Jewish Family Service Programs and Activities –Fall 2018

SAVE THE DATE: 7th Annual Saul Cohen-Schoke JFS Lecture on Thursday, November 8th at 7:30 pm Rabbi Dr. Shmuly Yanklowitz, author of thirteen books on spirituality, social justice and ethics, will present, ***Spiritual Transformation: Changing the World from the Inside Out***. The lecture will take place at the Ferguson Library in Stamford. Open to the entire community at no charge. A dessert reception will follow. Contact Jonathan Fass, COO, at 203-921-4161 or email jfass@ctjfs.org For more details, visit www.ctjfs.org.

Brain Fitness Group – Session #1: October 15th, 22nd, and 29th, 10:30 – 12:00 pm at the Stamford JCC, 1035 Newfield Avenue Want to stimulate your brain power? Sessions will focus on Organization and Planning, Memory-Word Finding and Visual Spatial Skills. Second session will be in November. 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, 2:30 – 3:30 pm at Temple Israel, 14 Coleytown Road, Westport 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

Financial Fitness Coaching- Twice a month at 10:00 am – 12

noon at *Schoke JFS Stamford office*. In partnership with LifeBridge and UJF, Financial Coach, Chris Giralmo, will help clients manage their income, expenses and debt, create a household budget, establish short and long-term financial goals, and make positive financial changes. Would you benefit from a financial coach to work with you to create and review your budget, formulate a financial action plan, establish short- and long-term financial goals, and review your credit report?

Register for a two hour coaching spot with Liz Krebs

at ekrebs@lifebridgect.org or call 203-368-5537. For more information, contact Rebekah Kanefsky at 203-921-4161 or email at rkanefsky@ctjfs.org.

Let's Talk

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

Thursdays, Every other week, 10:30 AM, Free at *Jewish Senior Services, 4200 Park Avenue, Bridgeport* Contact Rebekah Kanefsky, at 302-921-4161 or email at rkanefsky@ctjfs.org

Tuesdays, 11 :00 AM, Free at the *Stamford JCC, 1035 Newfield Avenue* Contact Helene Wurtzel at 203-921-4161 or hwurtzel@ctjfs.org.

Let's Talk - Thursdays, 1:00 PM, Free at the *Westport Senior Center, 21 Imperial Avenue, Westport*. Contact Helen Wurtzel at 203-921-4161 or hwurtzel@ctjfs.org.