Virtual Support Groups:

JFS is Here For You!

BEREAVEMENT GROUP
Mondays at 3:00 p.m. | Wednesdays at 11:00 a.m.
(Adults at all stages of bereavement are welcome, ongoing until August 31st - Facilitated by Elissa Love, MSW)
Zoom Link: https://zoom.us/j/93217633986?pwd=TmtDcVjudlpweTBOZVpyNUNOOTH1UT09
Meeting ID: 932 1763 3986
Password: 040407

FRIENDSHIP CIRCLE
(A weekly group to enhance friendship, social and everyday life skills through stories, games, and other fun activities - Facilitated by Jenna Lazar, MSW)
Tuesday's at 11:30 a.m. (through August 18th) 2nd - 4th Grade
Zoom Link: https://zoom.us/j/98619051585?pwd=RDlwVzhCWIZRODJPUDZGYIZcZkYzz09
Meeting ID: 986 1905 1585
Password: 504916

CANCER SUPPORT GROUP
(in Partnership with Bnai Torah Congregation)
Every other Tuesday at (8/4, 8/21) 7:00 p.m.
"A group for cancer patients and survivors to gain support and share experiences." - Facilitated by Ariel Mantzoor, MSW
Zoom Link: https://zoom.us/j/92699157661
Meeting ID: 926 9915 7661

CAREGIVER SUPPORT GROUP
Thursdays | 10:30 a.m.
(for adult caregivers - Facilitated by Ariel Mantzoor, MSW)
Zoom Link: https://zoom.us/j/622457557
Meeting ID: 622 457 557

MINDFULNESS, MENTAL HEALTH AND RESILIENCE
(Facilitated by the JFS Community Outreach Department)
Mondays, August 10, 17, 24 and 31 - 7:30 p.m.
Zoom Link: https://zoom.us/j/99315696805?pwd=RjdoRVhmalQreWYZHJnJCeW9iZz09
Meeting ID: 993 1569 6805
Passcode: 362733

Thursdays, August 13, 20, 27 - 9:30 AM
https://zoom.us/j/96904970924?pwd=ME1FUzVQScPZGIDMmgyR2NNN3ILdz09
Meeting ID: 969 0497 0924
Passcode: 165299

WOMEN'S EMPOWERMENT & SUPPORT GROUP
Thursdays | 6:00 p.m.
(Due to sensitivity of the group, contact, Lorrie Conglose, Dir. JFS Domestic Abuse Education & Action, for more information: 561.852.3356 or LorrieC@ralesjfs.org.)

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 a.m.
Zoom Link: https://us02web.zoom.us/j/84448387829
Meeting ID: 844 4838 7829 Password: 745549

SPECIAL NEEDS GRANDPARENT SUPPORT GROUP
Wednesdays | 11:00 am
Zoom Link: https://us02web.zoom.us/j/88945859619
Meeting ID: 889 4585 9619 Password: 952283

SPECIAL NEEDS PARENT CAREGIVER SUPPORT GROUP (EVENING)
Every Other Wednesday (8/5, 8/19) at 6:30 p.m.
Zoom Link: https://us02web.zoom.us/j/95612412078
Meeting ID: 956 1241 2078 Password: 658329

Call: 561.852.3333 | Email: info@ralesjfs.org
Visit: ralesjfs.org
Like Us on Facebook: www.facebook.com/ralesjfs

IF YOU OR SOMEONE YOU KNOW NEEDS ASSISTANCE, REACH OUT TO JFS TODAY.
**Virtual Support Groups:**

### JFS CAREER & EMPLOYMENT SERVICES WEBINARS:

<table>
<thead>
<tr>
<th>Title</th>
<th>Dates</th>
<th>Time</th>
<th>Description</th>
<th>Link</th>
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<tbody>
<tr>
<td>MICROSOFT WORD WEBINAR (FEE)</td>
<td>PART 1: 8/4/20</td>
<td>10:00 a.m. - 12 p.m.</td>
<td></td>
<td><a href="https://buff.ly/3aLijCx">https://buff.ly/3aLijCx</a></td>
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<tr>
<td></td>
<td>PART 2: 8/6/20</td>
<td>10:00 a.m. - 12 p.m.</td>
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<tr>
<td>LINKEDIN WEBINAR</td>
<td>8/5/20</td>
<td>10:00 a.m. - 12 p.m.</td>
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<td><a href="https://us02web.zoom.us/webinar/register/WN_Jsilxc3dTBOrbjtle3Ihrq">https://us02web.zoom.us/webinar/register/WN_Jsilxc3dTBOrbjtle3Ihrq</a></td>
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<tr>
<td>THE VIRTUAL INTERVIEW WEBINAR</td>
<td>8/12/20</td>
<td>10:00 a.m. - 12 p.m.</td>
<td>Telephone and video interviews have become the new normal. Learn how to stand out as a leading candidate and secure a second round</td>
<td><a href="https://us02web.zoom.us/webinar/register/WN_o99hCjoVT0yc4OleV15mfg">https://us02web.zoom.us/webinar/register/WN_o99hCjoVT0yc4OleV15mfg</a></td>
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<tr>
<td>JOB SEARCH Q &amp; A MEETING</td>
<td>8/14/20</td>
<td>10:00 a.m. - 12 p.m.</td>
<td>Set yourself up for Job Search success using motivation, strategy and precision to achieve your goal!</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZAuf-qppzoGte_Av6uvlK61hCr22tF1H_Z">https://us02web.zoom.us/meeting/register/tZAuf-qppzoGte_Av6uvlK61hCr22tF1H_Z</a></td>
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### STEPS TO SUCCESS WORKSHOPS

10:00 a.m. – 12:00 p.m.

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<tr>
<td>8/18/20</td>
<td>Building and Marketing Your Personal Brand Webinar</td>
<td>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.</td>
<td><a href="https://buff.ly/3aLijCx">https://buff.ly/3aLijCx</a></td>
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<tr>
<td>8/19/20</td>
<td>Creating a Resume that POPS! Webinar</td>
<td></td>
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<tr>
<td>8/20/20</td>
<td>Selling Yourself Effectively Webinar</td>
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<td><a href="https://buff.ly/3aLijCx">https://buff.ly/3aLijCx</a></td>
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<tr>
<td>8/21/20</td>
<td>Practicing Your 30 Second Pitch:</td>
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<td><a href="https://buff.ly/3aLijCx">https://buff.ly/3aLijCx</a></td>
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### MICROSOFT EXCEL WEBINAR (FEE)

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<td>10:00 a.m. - 12 p.m.</td>
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### JOB SEARCH Q & A MEETING

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<tr>
<td>8/28/2020</td>
<td>10:00 a.m. - 12 p.m.</td>
<td>Set yourself up for Job Search success using motivation, strategy and precision to achieve your goal!</td>
<td><a href="https://us02web.zoom.us/meeting/register/tZ0scOusrjMtHdWFrxxCGQkyxk5oeNJJbFX">https://us02web.zoom.us/meeting/register/tZ0scOusrjMtHdWFrxxCGQkyxk5oeNJJbFX</a></td>
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