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 - Facilitated by Elissa Love, MSW)
Zoom Link: https://zoom.us/j/93217633986?pwd=TmtDCVJudlpweTBOZVpyNUNOOTh1UT09
Meeting ID: 932 1763 3986
Password: 040407

CANCER SUPPORT GROUP
(in Partnership with Bnai Torah Congregation)
Every other Tuesday at (9/1, 9/15, 9/29) 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 at 7:30 p.m.
Zoom Link: https://zoom.us/j/99315696805?pwd=RjdoRVhmalQreWJYZHNJSnJCeW9iZz09
Meeting ID: 993 1569 6805
Passcode: 362733

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)

SPECIAL NEEDS PARENT CAREGIVER SUPPORT GROUP (DAYTIME)
Tuesdays | 10:00 a.m.
Zoom Link: https://us02web.zoom.us/j/84448387829?pwd=RjdoRVhmalQreWJYZHNJSnJCeW9iZz09
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 (9/2, 9/16, 9/30) at 6:30 p.m.
Zoom Link: https://us02web.zoom.us/j/95612412078
Meeting ID: 956 1241 2078 Password: 658329

JFS Special Needs Groups are in partnership with JAFCO and Levis JCC Helene & Roy Schwedelson Special Needs Department

Call: 561.852.3333 | Email: info@ralesjfs.org
Visit: ralesjfs.org
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IF YOU OR SOMEONE YOU KNOW NEEDS ASSISTANCE, REACH OUT TO JFS TODAY.
Virtual Support Groups:

JFS CAREER & EMPLOYMENT SERVICES WEBINARS:

**THE 411 ON WFH (WORK FROM HOME)**
9/2/20 | 10:00 a.m. - 12 p.m.

Link [https://us02web.zoom.us/webinar/register/WN_zlE-Dro4MTI2dx9e_CeRw1Q](https://us02web.zoom.us/webinar/register/WN_zlE-Dro4MTI2dx9e_CeRw1Q)

**A GUIDE TO BOOSTING YOUR SKILLS**
9/9/20 | 10:00 a.m. - 12 p.m.

Link [https://us02web.zoom.us/webinar/register/WN_A3UbNF9BSQQQwMtyzXiQRA](https://us02web.zoom.us/webinar/register/WN_A3UbNF9BSQQQwMtyzXiQRA)

**JOB SEARCH Q & A MEETING**
9/11/20 | 10:00 a.m. - 12 p.m.

Set yourself up for Job Search success using motivation, strategy and precision to achieve your goal!

Link [us02web.zoom.us/meeting/register/tZ-cof-6vrTloGtyBlgUPAaJadt_VhQwq21M](https://us02web.zoom.us/meeting/register/tZ-cof-6vrTloGtyBlgUPAaJadt_VhQwq21M)

**STEPS TO SUCCESS WORKSHOPS**
10:00 a.m. – 12:00 p.m.

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.

9/15/20 - Building and Marketing Your Personal Brand Webinar
Link [https://buff.ly/3aLijCx](https://buff.ly/3aLijCx)

9/16/20 - Creating a Resume that POPS! Webinar
Link [https://buff.ly/3aLijCx](https://buff.ly/3aLijCx)

9/17/20 - Selling Yourself Effectively Webinar
Link [https://buff.ly/3aLijCx](https://buff.ly/3aLijCx)

9/18/20 - Practicing Your 30 Second Pitch:
Link [https://buff.ly/3aLijCx](https://buff.ly/3aLijCx)

**MANAGING YOUR JOB SEARCH STRESS—COVING SKILLS AND SUPPORT GROUP**
9/23/20 | 10:00 a.m. - 12 p.m.

Link [https://us02web.zoom.us/webinar/register/ WN_16lVeLOOsOuBC7lVP_FaFQ](https://us02web.zoom.us/webinar/register/WN_16lVeLOOsOuBC7lVP_FaFQ)

**JOB SEARCH Q & A MEETING**
9/25/2020 | 10:00 a.m. - 12 p.m.

Set yourself up for Job Search success using motivation, strategy and precision to achieve your goal!

Link [https://us02web.zoom.us/meeting/register/ tZcldu2rqDolE9SY3BmikP5oOcDuqWFAZxxG](https://us02web.zoom.us/meeting/register/tZcldu2rqDolE9SY3BmikP5oOcDuqWFAZxxG)

**NETWORKING ONLINE**
9/30/2020 | 10:00 a.m. - 12 p.m.

Link [https://us02web.zoom.us/webinar/register/ WN_dQb_EiMvRm6RY96Da2Fq3w](https://us02web.zoom.us/webinar/register/ WN_dQb_EiMvRm6RY96Da2Fq3w)

**AUGUST OUTREACH GROUPS**

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

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