



Ruth & Norman Rales
Jewish Family Services

September 2023

Support Groups & Classes

THE COOPERMAN CENTER & DISABILITY INCLUSION SERVICES

[CLICK ON YOUR SERVICE](#)

Cooperman Center Therapeutic Program Calendar

Grandparent Support Group

Fridays, 10:30 a.m. - 11:45 a.m.
In person* Sept. 1st & 15th
Zoom: Sept. 29th
Passcode: 952283

Parent Caregiver Support Group (Daytime)

Tuesdays, 10 a.m.
Passcode: 745549

Parent Caregiver Support Group (Evening)

Wednesdays, 6:30 p.m.
Sept. 13th & 27th
Passcode: 658329



* The Cooperman Center and Disability Inclusion Services at 21100 Ruth & Baron Coleman Blvd, Boca Raton, FL 33428 (on Federation Campus)

* Caregiver Support Groups available both virtually & in person at the Weisman Delray Community Center.

SUPPORT GROUPS | [CLICK ON YOUR SERVICE](#)



Bereavement

Contact: BryanL@ralesjfs.org
or 561.852.3357 for info.

Women Support Group

Fridays: 12 p.m.
Meeting ID: 817 2286 8563
Passcode: 633044

Caregiver Support

Sept. 6th, 2 p.m.
Sept. 20th, 2 p.m.

Contact: Howardh@ralesjfs.org
or 561.852.6062 to register &
obtain Zoom link.

Wednesdays, 10 a.m.
Thursdays, 11 a.m.
Fridays, 10 a.m.

Contact: Alexch@ralesjfs.org or
561.558.2542 to register &
obtain Zoom link.

CAREER & EMPLOYMENT SERVICES | [CLICK ON YOUR SERVICE](#)

Ramp Up Your Resume

Sept. 5th, 10 a.m. - 11 a.m., Zoom

How to Navigate the Job Boards

Sept. 14th, 10 a.m. - 11 a.m., Zoom

Intro to Computers

Sept. 26th, 11 a.m. - 12 p.m., On-Site

Microsoft Powerpoint

Sept. 5th - 7th, 12 p.m. - 1:30 p.m., Zoom

Microsoft Excel Advanced

Sept. 18th - 22nd, 12 p.m. - 1:30 p.m., Zoom

Managing Your Career Outlook for 55+

Sept. 28th, 10 a.m. - 11 a.m., Zoom

Coffee & Career Conversation (C3)

Sept. 6th, 1 p.m. - 2 p.m., Zoom

Getting Comfortable with Zoom

Sept. 19th, 11 a.m. - 12 p.m., On-Site

Microsoft Excel Basic

Sept. 11th - 15th, 12 p.m. - 1:30 p.m., Zoom

Ace the Interview

Sept. 20th, 10 a.m. - 11 a.m., Zoom

Using Social Media to Stay Connected

Sept. 12th, 11 a.m. - 12 p.m., On-Site

Coffee & Career Conversation (C3)

Sept. 20th, 1 p.m. - 2 p.m., Zoom



* Ruth & Norman Rales Jewish Family Services - 21100 Ruth & Baron Coleman Blvd, Boca Raton, FL 33428 | 561.852.5057

FOR SUPPORT GROUP
DETAILS, PLEASE CALL:

(561) 852-3333