

# Support Groups & Classes

## THE COOPERMAN CENTER & DISABILITY INCLUSION SERVICES

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### Cooperman Center Therapeutic Program Calendar

#### Grandparent Support Group

Fridays, 10:30 a.m. - 11:45 a.m.

In person\* Nov. 3rd

Zoom: Nov. 17th & 24th

Passcode: 952283

#### Sibshop

Nov. 5th - Open to all ages.

Register to receive the time for your assigned Group.

### Parent Caregiver Support Group (Daytime)

Tuesdays, 10 a.m.

Passcode: 745549

### Parent Caregiver Support Group (Evening)

Wednesdays, 6:30 p.m.

Nov. 8th & 22nd

Passcode: 658329

### Outreach - Israel Support Group

Nov. 7th, 12 p.m.

Nov. 14th, 12 p.m.

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



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



### Bereavement

Contact: [BryanL@ralesjfs.org](mailto: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

Nov. 7th, 2 p.m.

Nov. 21st, 2 p.m.

Contact: [Howardh@ralesjfs.org](mailto:Howardh@ralesjfs.org)

or (561) 852-6062 to register & obtain Zoom link.

Wednesdays, 10 a.m.

Thursdays, 11 a.m.

Fridays, 10 a.m.

In person

Nov. 3rd

Nov. 16th

Contact: [Alexch@ralesjfs.org](mailto:Alexch@ralesjfs.org) or

(561) 558-2542 to register & obtain Zoom link.

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

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

### Microsoft Excel Basic

Nov. 6th - 10th, 12:00 p.m. - 1:30 p.m., Zoom

### Steps to Success: Understanding the Job Market

Nov. 6th, 2 p.m. - 3 p.m., Zoom

### Steps to Success: Navigating Job Boards

Nov. 7th, 2 p.m. - 3 p.m., Zoom

### Steps to Success: Resume 101

Nov. 8th, 2 p.m. - 3 p.m., Zoom

### Steps to Success: Interview Skills

Nov. 9th, 2 p.m. - 3 p.m., Zoom

### Microsoft Excel Advanced

Nov. 13th - 17th, 12:00 p.m. - 1:30 p.m., Zoom

### How to Gain Confidence in Your Career

Nov. 15th, 10 a.m. - 11 a.m., Zoom

### Coffee & Career Conversation (C3)

Nov. 15th, 1 p.m. - 2 p.m., Zoom

### Microsoft Powerpoint

Nov. 20th - 22nd, 12:00 p.m. - 1:30 p.m., Zoom

### Microsoft Excel Basic

Nov. 28th - Dec. 1st, 12:00 p.m. - 1:30 p.m., Zoom

### Coffee & Career Conversation (C3)

Nov. 29th, 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**