



# Virtual Support Groups:

## JFS is Here For You!

### COVID-19 WEBINARS:

**Mondays | 8:30 p.m.** (Different topics each week)

6/1 - *Elissa Love, MSW- Life After Quarantine*

Please join us as we talk about what life may be like after quarantine. We will discuss returning to the real world and some thoughts and feelings that we may experience in doing so.

6/8 - *Ariel Mantzoor, MSW- Dealing with Acute Stress*

The Corona Virus Pandemic has caused many to fear for their lives and to experience the loss of loved ones, their jobs, and their feelings of security and stability. These are all events that could lead to Acute Stress Disorder. Acute stress disorder (ASD) is the development of severe anxiety occurring shortly after a traumatic event. Come learn about how the events of COVID-19 can lead to ASD, warning signs, how to manage it, and when to seek help.

6/15 - *Jenna Lazar, MSW- Simple Steps to Self Care*

Discover ways to take care of yourself with the continuing pandemic

6/22 - *Tzippi Rosen, LCSW- Stepping Out of Your Comfort Zone*

Stepping out of your comfort zone in your own time, at your own pace. The how, what and where of how to do this.

6/29- *Elissa Love, MSW- Mental Health and returning to work.*

Please join us as we talk about our Mental Health while returning to the workplace. We will discuss some struggles we may come across and how to best deal with our feelings/thoughts.

Zoom Link:

<https://zoom.us/j/93166784419?pwd=TjRsTEpmNn-B4VW01YkxoQ3VNENHZZz09>

Meeting ID: 931 6678 4419

Password: 065058

### 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=TmtDcVJudlpweT-BOZVpyNUNOOTH1UT09>

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)

**Tuesdays at 11:30 a.m. 2nd-4th Grades; 6/15-7/28**

Zoom Link:

<https://zoom.us/j/98619051585?pwd=RDlwVzhCWIZRODJPUZGYIZOckYzZz09>

Meeting ID: 986 1905 1585

Password: 504916

**Thursdays at 1:00 p.m. 5th-6th Grades; 6/18-7/30**

Zoom Link:

<https://zoom.us/j/94408478447?pwd=L1lGUm1sOV-g2aisxN0YzdC9DTkjlQT09>

Meeting ID: 944 0847 8447

Password: 445472

### CANCER SUPPORT GROUP

(in Partnership with B'nai Torah Congregation)

**Every other Tuesday at 7:00 p.m.; 6/9 & 6/23**

"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 ongoing until August 20th - Facilitated by Ariel Mantzoor, MSW)

Zoom Link:

<https://zoom.us/j/622457557>

Meeting ID: 622 457 557

### 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@ralejfs.org.)

IF YOU OR SOMEONE YOU KNOW NEEDS ASSISTANCE, REACH OUT TO JFS TODAY.

Call: [561.852.3333](tel:561.852.3333) | Email: [info@ralesjfs.org](mailto:info@ralesjfs.org)

Visit: [ralesjfs.org](http://ralesjfs.org)



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# Virtual Support Groups:



## JFS CAREER & EMPLOYMENT SERVICES WEBINARS:

### THE 411 ON WFH (WORK FROM HOME)

6/3 | 10:00 a.m. – 12:00 p.m.

Remote and WFH jobs are all the buzz right now. Find out what these types of positions are all about including the necessary skills to be competitive, the participating industries where these positions are available, the required.

Link [https://us02web.zoom.us/webinar/register/WN\\_4aZzmGb3Td-qCzYvBc4\\_WTA](https://us02web.zoom.us/webinar/register/WN_4aZzmGb3Td-qCzYvBc4_WTA)

### NETWORKING ONLINE

6/10 | 10:00 a.m. – 12:00 p.m.

Networking is an important part of any job search. Learn how to effectively maintain and develop your network online in preparation for returning to the workforce and increasing your contacts.

Link [https://us02web.zoom.us/webinar/register/WN\\_WnrAgXWN-RhC4pt81aHML5w](https://us02web.zoom.us/webinar/register/WN_WnrAgXWN-RhC4pt81aHML5w)

### 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.

6/16 - Steps to Success Workshop: Building and Marketing Your Personal Brand

Link [https://us02web.zoom.us/meeting/register/tZMsdeqhpzMiH9B-1dZNIrY\\_9PKK3NoIjQwmr](https://us02web.zoom.us/meeting/register/tZMsdeqhpzMiH9B-1dZNIrY_9PKK3NoIjQwmr)

6/17 - Creating a Resume That POPS!

Link <https://us02web.zoom.us/meeting/register/tZcoce6tqz4oEtxn-TUKf0No-x7HuQHx6iwdZ>

6/18 - Selling Yourself Effectively

Link [https://us02web.zoom.us/meeting/register/tZMsceGvqD4rGNT-3SAk0hyo-z9-qRrK\\_mOvd](https://us02web.zoom.us/meeting/register/tZMsceGvqD4rGNT-3SAk0hyo-z9-qRrK_mOvd)

### JOB SEARCH SUCCESS

6/24 | 10:00 a.m. – 12:00 p.m.

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

Link [https://us02web.zoom.us/webinar/register/WN\\_6oiv7tJhQyx-6V4Ew4iYSA](https://us02web.zoom.us/webinar/register/WN_6oiv7tJhQyx-6V4Ew4iYSA)

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://zoom.us/j/97168931937>

### SPECIAL NEEDS GRANDPARENT SUPPORT GROUP

Wednesdays | 11:45 am

Zoom Link:

<https://zoom.us/j/97300796498>

### SPECIAL NEEDS PARENT CAREGIVER SUPPORT GROUP (EVENING)

Every Other Wednesday;  
 6/10 & 6/24 at 6:30 p.m.

Zoom Link:

<https://zoom.us/j/95612412078>

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