



Jewish Family Service

one source for a lifetime of help

JFS ECONOMIC CRISIS RESPONSE PROGRAM

Even if you never thought you'd need our services, we're here to help. Today's economic crisis has created extreme hardship for many in our community, including many families who've never needed assistance before.

That's why we created this program to provide special help during these hard times. We can help with job search skills, understanding bankruptcy and foreclosure, reducing stress, regaining sleep, and more.

So if you've hit hard times and need a little help to turn it around, we're here for you.

All workshops are free and open to everyone.

November Workshops

RSVP Required for Workshops - Space is Limited. RSVP online at www.jfssd.org or by calling (858) 637-3380. An updated list of workshops is available at www.jfssd.org. Childcare is available upon request, at least 48 hours in advance of event.

Career Planning and Job Search Skills

Series of 3 Workshops • 6:30-9:00pm (Workshop on November 5 will be from 6:30-8:30pm)

- **Thursday, November 5, 2009** – Effective Job Search Strategies
Jennifer Karp and Marsha Noble, Executive Search Consultant & HR Professional
- **Thursday, November 12, 2009** – Writing Resumes that Work • Alan Farber, Ph.D
- **Thursday, November 19, 2009** – Interviewing Skills: Preparation and Participation • Sherwin Chasen, HR Consultant

Temple Solel • 3575 Manchester Ave, • Cardiff by the Sea • 92007

Space is Limited • RSVP Required. RSVP Online or call (858) 637-3380

Ready, Willing, and Able: A Guide to Making Positive Financial Change

*Learn essential knowledge and techniques to begin a program of sound money management.
Start taking control of your financial future.*

Monday, November 9, 2009 • 6:00-8:00pm • Christine Timbol, Education Specialist, Money Management International

Jewish Family Service • Turk Family Center • 8804 Balboa Ave • San Diego • 92123

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Taking Care of Yourself During Tough Times

Learn special techniques for surviving and thriving during these challenging economic times.

Thursday, November 12, 2009 • 6:00-7:30pm • Ros Goldstein, LCSW, JFS

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If you or someone you know may benefit from individual counseling or case management, please call the JFS Access Line at (877) 537-1818. All calls are completely confidential.

(Continued from reverse side)

Introduction to Stress Reduction

This 6-week workshop will look at ways stressors impact our lives. Participation at all 6 workshops is encouraged but not required.

Series of 6 Workshops • 6:30-8:00pm • Jeff Zlotnick, Executive Director, The Meditation Initiative

- **November 3, 2009** • Introduction to Stress Reduction – Learn techniques to decrease your stress level and increase happiness every day.
- **November 10, 2009** • Body and Mind Relaxation – When the mind is tired, the body is tired. This class will help you relax and refresh.
- **November 17, 2009** • Mindful Movements – We move so fast all day, but do we pay attention to our movements? Learn to be mindful of every action throughout your day.
- **November 24, 2009** • Guided Meditation – If you have never tried meditation, this is the time. If you meditate daily come share your experiences with others.
- **December 1, 2009** • Mindful Living and Eating – What we eat and what we do affects our level of stress and anxiety. Learn how to live a healthy life and love what you do.
- **December 8, 2009** • Stress-Free Family Life – This class will help you find more joy and less stress amongst family.

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Bankruptcy: A Financial Strategy for Troubled Times

Learn practical information to decide whether bankruptcy is right for you. This workshop will answer commonly asked questions, including: Should I be considering bankruptcy?; Am I eligible to file?; Can I discharge all of my debt?; Can I protect all of my property?; and Is there life after bankruptcy?

Tuesday, November 17, 2009 • 6:30-8:00pm • Radmila A. Fulton, Attorney at Law and Certified Specialist

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Space is Limited • RSVP Required. RSVP Online or call (858) 637-3380

SUPPORT AND NETWORKING GROUPS

You are not alone during these tough times. Meet with others who are going through similar experiences and receive support from our professional staff. For a list of our current support groups, call (877) 537-1818.

Support Group for Professionals

Are you a professional affected by the economy? Have you been laid off? Had to take a job that you are overqualified for? Are you hurt? Angry? Astonished? Come share your thoughts, get support from other professionals who have lost their jobs. Call (858) 637-3010 for more information or to register.

Hebrew Free Loans

Need financial help with emergency financial assistance, business development, job training, or a car for transportation to work? If you are a Jewish resident of San Diego, you may qualify for an interest free loan with us. Call (858) 637-3228 for more information.

www.jfssd.org

 Jewish
Community
Foundation
San Diego

 United Jewish Federation
of San Diego County