

## **WES & Congregation Based Community Organization, Manhattan Together**

WES is a member of the Congregation Based Community Organization, Manhattan Together. Another member congregation, SAJ, recently held a program for its members on the recession and Jewish institutions. The program highlighted some resources available for anyone who is seeking support or assistance. These resources and their contact information are listed below.

**Partners in Caring** is a UJA project housed at Dorot which supports the elderly, caregivers and volunteers. Call or e-mail Katie Weinberger, a social worker on staff at Dorot, at (212) 769 2850 or [kweinberger@dorotusa.org](mailto:kweinberger@dorotusa.org), who can explain available services which range from referrals for the isolated elderly to placing volunteers at Dorot.

**Connect to Care** is a response by UJA to the economic crisis. It is an effort to offer holistic aid to anyone affected by the recession. The JCC is hosting a series of programs during the summer on legal services, strategies for job searches and stress reduction. Go to the JCC in Manhattan website or call Connect to Care Center in Manhattan at (212) 399-2685, ext. 206 for information.

Following are some upcoming Connect to Care programs hosted at the JCC. All sessions are FREE and will be presented at The JCC in Manhattan, 334 Amsterdam Ave. at 76th Street. (Program room assignments will be available at the JCC Customer Service Desk, in the lobby of the Samuel Priest Rose Building.) For more information, or to register, call (646) 505-5708.

### Legal Options for Dealing with Debt / Thursday July 16 at 6:30 PM

For many who have lost income or assets during the recession, dealing with mounting debts and persistent creditors can be overwhelming. However, there are legal options for dealing with debt that can help you regain control over your financial life. This workshop will help you make the best choices given your financial situation by providing an overview of how to address debt and creditors: how to prioritize debt, the right to be free from creditor harassment, options for refinancing or modifying mortgages, how to negotiate with credit card companies and other creditors, and the benefits and drawbacks of filing for bankruptcy.

### Meeting New Challenges: Strategies for Success / Tuesday July 21 at 6:30 PM

In times of stress, our emotional reactions can help us or stand in our way. Everyone who has experienced job and financial changes and challenges has felt nervous, angry and/or embarrassed. Join experts from the Jewish Board of Family and Children's Services who will offer practical strategies for managing these emotions in positive ways when going on a job interview, dealing with a difficult work environment or relating to family and friends.

### Defining Your Skills through Self-Assessment / Tuesday August 4 at 6:30 PM

The first challenge of the job search is figuring out the best career path. This workshop by F.E.G.S. Employment & Career Transition Services will guide you through the steps to assess your skills and how best to apply them to a future career. Confidence is essential in an interview and identifying your accomplishments and skills before you begin the job search will ensure that you have a strong resume and are prepared to meet with an employer. Once you have identified what you want and what you can offer, the workshop will look at strategies to communicate your skills, interests, and achievements.

### Breathe! Simple Meditations for Tough Times / Monday August 10 at 7:30 AM

Learn and practice the soothing art of meditation. Explore ways to bring meditation into your daily life and discover a healthier, calmer, less stressed, more caring you! Led by JCC Makom director, Susie Kessler.

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