

About the BOLD VISIONS Urgent Economic Response Initiative

Jewish Family Service has never been more committed to the Jewish community. This initiative is a collaboration with the Jewish Federation of Western Massachusetts, Jewish Family Service of Western Massachusetts and the Springfield Jewish Community Center to support Jewish individuals and families through this difficult time. Our initiative will include:

- Information and referrals to community resources
- Counseling and social work support
- Employment transition training, workshops and support groups and networking opportunities
- One-time emergency financial support
- Assistance with employment search such as resumé writing, interviewing skills and coaching



As has been the case throughout our long history, the mission of the Jewish Family Service is to assist individuals and families facing life's expected and unexpected challenges and transitions with acts of loving kindness, based on the Jewish principle of Gemilut Chasidim.

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An Urgent Economic Response Initiative

Finding Opportunity in a Difficult Economy

3 Workshops:

New Strategies for Thriving Through Turbulent Times

Tips for Reducing Stress, Increasing Energy and Motivation

New Career and Job Options

This initiative is a joint program of the Jewish Federation of Western Massachusetts, Jewish Family Service of Western Massachusetts and the Springfield Jewish Community Center

Finding Opportunity in a Difficult Economy

Workshop 1: New Strategies for Thriving Through Turbulent Times

DATE: Tuesday, June 16, 7:00 - 8:30 p.m.

Topics for discussion will include dealing with change, turning negativity and fear into optimism and discovering your options. "How do you view success?" We learn from "perceived" failure that there is no failure, only an opportunity to learn and gain valuable experience. If you can change your perspective, you can change your life.

- Regaining confidence and hope
- Learning to embrace change
- Taking risks and trying new things
- Developing new financial strategies

Workshop 2: Tips for Reducing Stress, Increasing Energy and Motivation

DATE: Monday, June 22, 7:00 - 8:30 p.m.

Financial uncertainty, unemployment and fear of job loss are some of the biggest stressors we face. This stress often results in physical, mental and emotional symptoms. A loss of confidence, anxiety about the future, a feeling of helplessness and a lack of motivation can be complicated by sleepless nights and a lack of energy. We will explore specific ways to immediately enhance your well being.

- Creating a personal plan to reduce stress and increase energy
- Developing optimism and flexibility
- Discovering what it takes to build motivation

Workshop 3: New Career and Job Options

DATE: Tuesday, June 30, 7:00 - 8:30 p.m.

In this economy there are more opportunities than people realize. We must stay positive and not listen to the naysayers. It's easy to be caught up in the fear and anxiety that's rampant these days. While it's natural to vent about changes in situations, it's important to know that new options and opportunities exist. Topics in this workshop include:

- **Evaluation.** Which of your existing skills can be improved and what new skills can you develop. Can a hobby or interest factor into a new job or career?
- **Networking.** Networking has always been a key strategy and is now more crucial than ever. Learn how to build and cultivate relationships in fields that interest you.
- **Volunteerism.** Learn volunteer strategies to create new opportunities that are within your grasp.
- **Action Plan.** Participants will be asked to create a step-by-step plan to create opportunities.

For more information, visit www.jfswm.org

Cost & Registration

COST: Free

REGISTRATION: Pre-registration is required. To register by e-mail, contact JewishLife@jfswm.org; to register by telephone, please call (413) 737-2601.

PRESENTER: Carrie Goldner Hemenway, M.Ed. Carrie Goldner Hemenway is a career coach, life coach and small business coach. Carrie has been coaching people to achieve rewarding and purposeful lives for 25 years. To learn more, visit www.newhorizonsforboomers.com.

LOCATION: Springfield Jewish Community Center, 1160 Dickinson Street, Springfield, MA

