

**Nassau County Hub  
at Sid Jacobson JCC**



In this recession, many of us find ourselves in need of support. UJA-Federation of NY's Connect to Care provides access to:

- Employment and career transition services
- Financial and legal consulting
- Supportive counseling and Jewish spiritual care

***The Jewish community is here for you.***

**Email:** [connect-to-care@sjcc.org](mailto:connect-to-care@sjcc.org)

**LinkedIn Group:**

Nassau County UJA-Federation's  
Connect to Care

**Website:** [sjcc.org/connect-to-care](http://sjcc.org/connect-to-care)

**Phone:** 516-484-1545, ext. 212

# Strategies For Moving Forward

## Weekly Support Groups for Connect to Care clients are being offered at your local JCC.

### **Cake and Conversation**

Human Resources joins Social Services to help you move forward. Share ideas, swap resources, learn coping strategies and stay motivated! Facilitated by Peggy Jaeger, Nassau County Connect to Care Director, and a former Human Resources Executive, and Linda Frank, LMSW. For more information and to register, please call Linda Frank at 484-1545, or register online at [www.sjcc.org/connect-to-care](http://www.sjcc.org/connect-to-care).

Mondays, 1:30pm – 3:00pm beginning November 9 at Sid Jacobson JCC, East Hills

### **Connect and Care**

A general support group for people struggling in these tough economic times, facilitated by Judy Goldberg, LCSW.

For more information and to register, please call Judy Goldberg or Chana Pfeifer at 569-6733, ext. 213.

Pre-registration required.

Mondays, 10:30am – 11:30am at the JCC of the Greater Five Towns, Cedarhurst

### **Networking Support Group**

Share what's working and what's not working, and new information you discover in your journey towards your new career.

Facilitated by Christina Barlowe, LMSW and Audrey Dinstell, LMSW

To register call the Connect to Care hotline at Mid-Island Y JCC, 822-3535, ext. 393.

Wednesdays, 10:30am – 12:00pm at Mid-Island Y JCC, Plainview

### **Single and Strong**

A support group for separated and divorced women going through tough financial times.

For more information and to register, please call Judy Goldberg or Chana Pfeifer at 569-6733, ext. 213.

Pre-registration required.

Thursdays, 10:00am – 11:00am at the JCC of the Greater Five Towns, Cedarhurst

### **Economic Transitions Support Group**

A weekly support group for coping during these tough economic times. Facilitated by Linda Frank, LMSW. For more information and to register, please call Linda Frank at 484-1545.

A brief assessment is required for all participants.

Fridays, 11:00am – 12:15pm at Sid Jacobson JCC, East Hills

### **Support Group**

Contact Pam Lerner RLCSW at 634-4010 if you're interested in setting up a group at Friedberg JCC, Oceanside.



BARRY AND FLORENCE  
FRIEDBERG  
JEWISH COMMUNITY CENTER



**FREE**

For more information, call the numbers above  
or call Beverly at Connect to Care,

Nassau County Hub at Sid Jacobson JCC 516.484.1545, ext. 212