

WOMEN-HELPING-WOMEN WORKSHOPS

Dear Friend,

During these unprecedented economic times many people, especially women, are looking for guidance and direction. Thanks to funding from the Leir Charitable Foundations, WJCS launched **Women-Helping-Women (W-H-W)** to provide encouragement, information, resources and services for women who are unemployed or seeking transition to other jobs.

Over the past several weeks, **W-H-W** reached out with focus groups and workshops to diverse women whose lives have been impacted by the economic downturn. Armed with feedback from the focus groups, **W-H-W** developed a series of six workshops to provide useful and practical information. More than 100 women attended our first series. Many are continuing to meet for additional support and to exchange resources. **W-H-W** is now embarking on the second workshop series aimed at reaching an even wider audience.

We hope you'll join us for one or all of these **free, non-sectarian** sessions. If you have a friend, relative or neighbor who could benefit from these workshops, please use the *Forward email* icon at the bottom of this newsletter to pass on the information.

Remember, we are all links in the chain of Women- Helping-Women.

Lenore Rosenbaum, MS
W-H-W Project Director

The following **free, non-sectarian workshops** will be held at
Beth El Synagogue Center
Northfield Road at North Avenue — New Rochelle

Wednesday, April 28

9:30 – 11:30 AM

Networking for Success -- As the saying goes, "It's not what you know, but who you know." But how do you start networking and how does the whole process work? Join us to learn how to gain more confidence and be much more effective, as you network to uncover the hidden job market.

Nancy Leighton, MA, EdM, LMHC, Career Counselor, Private Practice

Wednesday, May 5

9:30 - 11:30 AM

Thriving While Unemployed -- Being out of work can be scary. It can also be a great opportunity to stop and look at your work life -- where you've been and where you want to go.

Cathy Wilke, Life Coach specializing in career transition/women's issues

Wednesday, May 12

9:30 - 11:30 AM

Managing Your Finances While Unemployed in this Economy – Learn proven tips and techniques to manage your finances, set up a budget and successfully survive the economic downturn.

Annett Marrie Barrett, MA Corporate Communications

Tuesday, May 18

9:30 - 11:30 AM

Getting Yourself Organized & Staying Organized -- Get insights, tips and suggestions for managing your job search. Learn how to organize all the steps you need to take to land your new job.

Marcia Sloman, MBA, President, Under Control

Wednesday, March 26

9:30 - 11:30 AM

How to Look Your Very Best: Project Your Best Image & Update Your "Total Look" - Focus on how to transform your wardrobe, choose appropriate make-up to maximize your image and self-confidence as you head for an interview.

Elizabeth Gillman, Certified Image Consultant

Thursday, June 3

9:30 – 11:30 AM

Mindfulness Meditation and Stress Reduction to Overcome the Challenge of the Job Search -- Learn the stress reduction techniques to become centered and present as you deal with the stresses of unemployment & the job search.

Ruth Rosenblum, LCSW, WJCS, Contemplative Psychotherapist

**Registration for these FREE workshops is required. Please contact:
Lenore Rosenbaum, Women-Helping-Women Program Director
761-0600 X308 or lrosenbaum@wjcs.com**



WOMEN-HELPING-WOMEN is a program of Westchester Jewish Community Services

www.wjcs.com

Strengthening lives... Shaping futures