

Ongoing Career & Support Services
All services require pre-registration. Space is limited.
Call the numbers below to register for Ongoing Services.

Job Search Overview

Meet with the Career Counselor.

For more information call Carla Visser at 484-1545, ext. 214

Tuesdays in December & January, 10:00am – 11:30am at Sid-Jacobson JCC

Wednesdays in February & March, 10:00 – 11:30am at Sid Jacobson JCC

Professional Job Seekers Networking Group

Network with other professionals to review your pitch, plans, progress and job search strategies.

For more information call Carla Visser at 484-1545, ext. 214

Tuesdays (twice a month), 1:00 – 3:00 pm at Sid-Jacobson JCC

Weekly Support Groups are being offered at your local JCC

For more information, call the contacts below or your PIC Social Worker.

- ◆ Linda Frank, LMSW, at Sid Jacobson JCC, East Hills, 484-1545, ext. 132
- ◆ Christina Barlowe, LMSW and Audrey Dinstell, LMSW, at Mid-Island Y JCC, 822-3535, ext. 393
- ◆ Chana Pfeifer, LCSW and Judy Goldberg, LCSW, at JCC of the Greater Five Towns, Cedarhurst, 569-6733, ext. 213
- ◆ Pam Lerner, RLCSW, at Friedberg JCC, Oceanside, 766-4341, ext. 170

For more information:

Visit us at www.sjjcc.org/connect-to-care ,

Call 516-484-1545, ext. 212 or

Email connect-to-care@sjjcc.org.

LinkedIn Group –

Nassau County UJA-Federation's Connect to Care



BARRY AND FLORENCE
FRIEDBERG
JEWISH COMMUNITY CENTER



UJA-Federation of New York's
connect-to-care
The Jewish community at work for you

Nassau County Hub at Sid Jacobson JCC



In this economic crisis, the Jewish community is here for you.

Many of us find ourselves in need of support – even those of us who never expected to need assistance. But the Jewish community is here for you.

UJA-Federation of New York's Connect to Care provides:

- Employment and career-transition services, including job networking opportunities and career seminars.
- Financial consultation, debt counseling, and budget assistance.
- Legal services.
- Supportive counseling and Jewish spiritual care.

All UJA Federation of New York's Connect to Care services and programs are FREE.

Services are provided across Nassau County at Sid Jacobson JCC, Mid-Island Y JCC, Friedberg JCC, The JCC of the Greater Five Towns, and at area synagogues.

Current seminars & events

Pre-registration required. Space is limited.

Register online at www.sjjcc.org/connect-to-care or call 516-484-1545 ext. 212

Job Search Essentials presented by Carla Visser, F.E.G.S. Employment & Career Services

Developing a Strong Resume

Learn to write a resume that highlights your accomplishments and markets you as a results-oriented professional.

Fri Dec 11, 10:00am-12:00pm at Sid Jacobson JCC, 300 Forest Dr, East Hills

Wed Jan 6, 10:00am-12:00pm at Friedberg JCC, 15 Neil Ct, Oceanside

Tues Jan 26, 10:00am-12:00pm at Mid-Island Y JCC, 45 Manetto Hill Rd, Plainview

Thurs Feb 4, 10:00am-12:00pm at Five Towns JCC, 207 Grove Ave, Cedarhurst

LinkedIn for Beginners

Create an account and a profile on LinkedIn and start building your network. This workshop is for people who do not already have a profile on LinkedIn.

Fri Dec 18, 10:00am-12:00pm at Sid Jacobson JCC, 300 Forest Dr, East Hills

Tues Feb 2, 10:00am-12:00pm at Plainview Jewish Center, 95 Floral Dr, Plainview

Thurs Feb 11, 10:00am-12:00pm at Five Towns JCC, 207 Grove Ave, Cedarhurst

Effective Job Search methods

Learn the most effective job search techniques.

Wed Jan 13, 10:00am-12:00pm at Friedberg JCC, 15 Neil Ct. Oceanside

Networking

Did you know that 80% of jobs are not advertised? Learn how to network to find hidden job opportunities and to build new relationships for your job search.

Fri Jan 8, 10:00am-12:00pm at Sid Jacobson JCC, 300 Forest Dr, East Hills

Tues Feb 9, 10:00am-12:00pm at Mid-Island Y JCC, 45 Manetto Hill Rd, Plainview

Thurs Feb 25, 10:00am-12:00pm at Five Towns JCC, 207 Grove Ave, Cedarhurst

Advanced LinkedIn

Learn how to use LinkedIn to network, identify job opportunities and prepare for interviews.

Fri Jan 15, 10:00am-12:00pm at Sid Jacobson JCC, 300 Forest Dr, East Hills

Tues Feb 23, 10:00am-12:00pm at Plainview Jewish Center, 95 Floral Dr, Plainview

Thurs Mar 4, 10:00am-12:00pm at Five Towns JCC, 207 Grove Ave, Cedarhurst

Interviewing and Negotiations

Learn to navigate the interview process, from researching the company to following up. Discuss how to negotiate your offer.

Fri Jan 22, 10:00am-12:00pm at Sid Jacobson JCC, 300 Forest Dr, East Hills

Wed Jan 27, 10:00am-12:00pm at Friedberg JCC, 15 Neil Ct, Oceanside

Tues Mar 2, 10:00am-12:00pm at Mid-Island Y JCC, 45 Manetto Hill Rd, Plainview

Thurs Mar 11, 10:00am-12:00pm at Five Towns JCC, 207 Grove Ave, Cedarhurst

Mature Professionals

Learn strategies to overcome age stereotypes and target age-friendly career options.

Wed Dec 16, 7:00pm-9:00pm at Mid-Island Y JCC, 45 Manetto Hill Rd, Plainview

Fri Jan 29, 10:00am-12:00pm at Sid Jacobson JCC, 300 Forest Dr, East Hills

Wed Feb 10, 10:00am-12:00pm at Friedberg JCC, 15 Neil Ct, Oceanside

Tues Mar 9, 10:00am-12:00pm at Mid-Island Y JCC, 45 Manetto Hill Rd, Plainview

Thurs Mar 18, 10:00am-12:00pm at Five Towns JCC, 207 Grove Ave, Cedarhurst

Using LinkedIn for Your Job Search

Learn the capabilities of LinkedIn and how to use social networking to facilitate a successful job search.

Presented by Ilene Schuss, Project Manager/Trainer.

Mon Jan 11, 7:00-8:30pm at Five Towns JCC, 207 Grove Ave, Cedarhurst

Can I Wear My Nose Ring to the Interview?

Ellen Gordon Reeves discusses topics from her witty book, a crash course in finding, landing and keeping your first real job, especially for young job-seekers.

Mon Dec 21, 7:30pm at Sid Jacobson JCC, 300 Forest Dr, East Hills

"Gotta Do It" – Women Entering the Workforce

Participate in a workshop to help women identify the resources and skills that they need to enter or re-enter the paid workforce.

Presented by Carla Visser, F.E.G.S. Employment & Career Services.

Thurs Jan 21, 7:00-8:30pm at Merrick Jewish Center, 225 Fox Blvd, Merrick

"Gotta Do It" – Empowering Women During Challenging Times

Learn from the experiences of two women, one widowed and one divorced, about how to empower yourself and overcome the challenges of transitioning into the workforce.

Marie Salerno, founder of the Jericho Project for the Advancement of Women

Claire Lieber-Saul, Certified Life Coach and founder of Beyond Radical Loss

Wed Feb 3, 10:00am-11:30am at Friedberg JCC, 15 Neil Ct. Oceanside

Community-wide Professional Networking Event

An opportunity to bring together those who are unemployed, underemployed, employed & small business owners to find networking / business contacts, to explore new opportunities, and to help others. Don't forget to bring your networking/business cards. Offered in partnership with the following South Shore synagogues:

- Beth Am, Merrick
- B'nai Sholom, Rockville Centre
- Central Synagogue of Nassau County, Rockville Centre
- Chabad Outreach Center, Valley Stream
- The Chofetz Chaim Torah Center, Cedarhurst
- Congregation Anshei Chesed, Hewlett
- Congregation Anshei Shalom of West Hempstead
- Congregation Beth David, Lynbrook
- Congregation Beth El, Massapequa
- Congregation Beth Sholom, Lawrence
- Congregation Sons of Israel, Woodmere
- Congregation Toras Chaim, Hewlett
- East Meadow Jewish Center
- Hewlett-East Rockaway Jewish Centre
- JCC of West Hempstead
- Lido Beach Synagogue
- Merrick Jewish Centre
- Oceanside Jewish Center, Beth Shalom
- Reconstructionist Congregation Beth Emeth, Hewlett
- Sephardic Temple, Cedarhurst
- Shaaray Tefilah Congregation, Lawrence
- South Baldwin Jewish Center
- Temple Am Echad, Lynbrook
- Temple Avodah, Oceanside
- Temple Beth El of Cedarhurst
- Temple B'nai Torah, Wantagh
- Temple Hillel, Valley Stream
- Temple Israel of Long Beach
- Temple Israel of South Merrick
- Valley Stream Jewish Center, Gates of Zion
- Young Israel of Hewlett
- Young Israel of Lawrence-Cedarhurst
- Young Israel of Oceanside
- Young Israel of North Woodmere
- Young Israel of West Hempstead
- Young Israel of Woodmere

Pre-Event Workshop at 6:00pm - What do your non-verbal cues say about you?

Lauren Mennella, Hofstra Professor, Speech Communication & Rhetorical Studies

Thurs Jan 7, 7:00-9:00pm at Hewlett-East Rockaway Jewish Centre, 295 Main Street, East Rockaway, NY