

Group/Individual Career Counseling

Are you struggling with unemployment or underemployment or looking to transition into a new career? Career Connect Long Island, through the Sid Jacobson JCC, provides FREE career counseling with skilled career service professionals.

One-hour individual appointments available. Contact Gloria Lebeaux, LCSW at 516-634-4010 for an appointment

Getting Back into the Job Market

This workshop we will review the latest strategies to help you find a job in the 21st century. Learn the tips and tools you need to show perspective employers that you keep up with the times and the competition.

*Facilitated by Linda Samet, M.Ed.,
Career Services Specialist*

*FREE; requires advanced registration;
contact Gloria Lebeaux, LCSW at
516-634-4010 for an appointment*

Tuesday, February 7, 6:30-8 pm

Group for Families of Transgender Youth

Many families can feel isolated and alone on their journey of understanding and supporting their child's gender identity. In this group, you can share your experiences and learn about a range of health, legal and social topics relevant to transgender and gender diverse young people and their families.

*Facilitated by Ellen Bernstein, MSW
social worker and parent of a
transgender young adult, and
Kristi Hamaty, social work intern.*

5 Tuesdays, 1/31-3/7, 6-7 pm

Fee: \$65; Members, \$50

**For more information and
to register please call
Gloria Lebeaux, Director of
Social Services at 516-634-4010**

**TRANSPORTATION IS AVAILABLE BY
APPOINTMENT ONLY, PLEASE CONTACT
GLORIA LEBEAUX AT 516-634-4010.**



BARRY AND FLORENCE
FRIEDBERG
JEWISH COMMUNITY CENTER

PARTNERS IN CARING PROGRAM



LOSS & HEALING SUPPORT GROUP CENTER





LOSS & BEREAVEMENT GROUPS

Bereavement I: Loss of Spouse/Significant Other

Supportive and informative support group for men and women who have lost a spouse/significant other within the past year.

Facilitated by Gloria Lebeaux, LCSW

**8 Tuesdays, 1/24-3/14, 7:15-8:15 pm or
8 Mondays, 1/23-3/13, 11 am-12 pm**

Fee: \$120; Members, \$80

Bereavement II: Next Step

Continue the conversation. Support group for widows/widowers who have been through an initial loss of spouse bereavement group or have been bereaved over one year.

Facilitated by Gloria Lebeaux, LCSW

8 Tuesdays, 1/24 - 3/14, 1-2 pm

Fee: \$120; Members, \$80

Grieving Through the Arts

A gentle and creative approach to the grief journey for those grieving the loss of a loved one, recent or long ago. Participants will use the arts to deepen understanding, create healing and encourage remembering.

*Facilitated by Jamie
Tedesco Cohen, MSW*

**NO ART EXPERIENCE IS NECESSARY.
BRING A BLANK JOURNAL AND PEN TO THE FIRST SESSION**

**5 Thursdays, 2/2-3/2,
10:30 am-11:45 pm**

Fee: \$65; Members, \$50

*A phone interview is required for
registration. Please contact Gloria Lebeaux
at 516-634-4010*

ADDITIONAL SUPPORT GROUPS

Groups for Separation/Divorce

Professionally-led support group gives participants the opportunity to connect with others who are coping with separation and divorce.

Facilitated by Gloria Lebeaux, LCSW

11 Fridays, 1/27-4/12, 10-11am

Fee: \$120; Members, \$80

Gloria Lebeaux, LCSW

*Director of Social Work Services and
Partners in Caring, Friedberg JCC*

Jamie Tedesco Cohen, MSW

*social worker/artist experienced in
utilizing the creative arts to promote
growth and healing*

Ellen Bernstein, MSW

*social worker and parent of a
transgender young adult*

Friedberg JCC

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www.friedbergjcc.org

