


# Help In These Tough Economic Times


You are not alone in these tough economic times. There are many resources available for assistance in our community, some of which you may not know about. In hard times like these, UJF and community agencies offer programs, services, hope and help!

## Help with Family & Personal Issues


 **Counseling & Support**  
**Jewish Family Service**  
858.637.3380 for information


- Drop-in support groups for people struggling with the financial crisis and its effects.
- A group for those dealing with the emotional impact of job loss, bankruptcy, foreclosure and how to successfully cope with resulting anxiety and depression.
- A group helping parents prepare to talk to their children about financial problems and lifestyle changes.

 **Introduction to Meditation and Stress Reduction**  
This 6-week series is perfect for those who are curious about meditation but never seem to have the time, as well as those who want to develop a daily practice. Learn to experience the benefits of peace and relaxation every day!  
**Thursdays, February 4, 11, 18, 25 and March 4, 11**  
6:30-8:00 p.m. | Jeff Zlotnik, Executive Director, The Meditation Initiative. JFS | Turk Family Center | 8804 Balboa Ave | San Diego  
Space is Limited | RSVP Required. RSVP Online or call 858.637.3380.


 **Taking Care of Yourself During Tough Times**  
Learn special techniques for surviving and thriving during these challenging economic times.  
**Wednesday, February 24** | 6:00-7:30pm • Ros Goldstein, LCSW, JFS

 **Community Synagogues**  
**United Jewish Federation Outreach** • 858.571.3444 or email outreach@ujfsd.org. Contact local synagogue rabbis if you are in need of spiritual counseling. For a list of synagogues and rabbis, contact United Jewish Federation Outreach.


 **Community Chaplain**  
**United Jewish Federation and San Diego Rabbinical Association** 858.922.8107 for information  
The Jewish Community Chaplain serves the spiritual and ritual needs of unaffiliated Jews. Contact Rabbi Ralph Dalin.


 **Healing Center**  
**Jewish Family Service**  
858.637.3070 for information  
Offers support groups and healing programs.


 **Food Drives & Distribution**  
**Jewish Family Service**  
858.637.3088 for information  
JFS Hand Up Youth Food Pantry provides assistance to synagogues, businesses and other organizations in planning and conducting food drives.

 **Older Adults**  
858.634.6537 for information  
On The Go provides transportation solutions for older adults, offering both group and individual transportation.

## Help with Finances

 **A Guide to Making Positive Financial Change: Budgeting and Debt Reducing Strategies**  
Learn essential knowledge and techniques to begin a program of sound money management. Start taking control of your financial future. Materials included.  
**Wednesday, February 17** | 6:00-8:00 p.m. | Christine Timbol, Education Specialist, Money Management International. JFS | Turk Family Center | 8804 Balboa Ave | San Diego. Space is Limited | RSVP Required. RSVP Online or call 858.637.3380.

 **Bankruptcy: A Financial Strategy for Troubled Times**  
Learn practical information to decide whether bankruptcy is right for you. This workshop will answer commonly asked questions, including: Should I be considering bankruptcy? Am I eligible to file? Can I discharge all of my debt? Can I protect all of my property? Is there life after bankruptcy?  
**Tuesday, February 23** | 6:30-8:00 p.m. | Radmila A. Fulton, Attorney at Law and Certified Specialist. JFS | Turk Family Center | 8804 Balboa Ave | San Diego. Space is Limited | RSVP Required. RSVP Online or call 858.637.3380.

 **Hebrew Free Loans**  
Need financial help with emergency financial assistance, business development, job training, or a car for transportation to work? If you are a Jewish resident of San Diego, you may qualify for an interest free loan with us. Call 858.637.3228 for more information.

## Help with Jobs & Work

 **United Jewish Federation Career Center/Local Jobs**  
[jewishinsandiego.org](http://jewishinsandiego.org)


List your local employment opportunities and career information on the UJF Career Center/Local Jobs site. For information, contact [dianeb@ujfsd.org](mailto:dianeb@ujfsd.org).


 **Career Planning and Job Search Skills**  
Series of 3 Workshops • 6:30-9:00 p.m.


**Tuesday, February 2** – Effective Job Search Strategies | Ron Cowan, Director of Sales Operations & Training, Major Medical Device Manufacturer.


**Tuesday, February 9** – Writing Resumes that Work  
Kasey MacNair, MA, JFS

**Tuesday, February 16** – Interviewing Skills: Preparation and Participation • Sherwin Chasen, HR Consultant. Temple Emanu-El • 6299 Capri Drive San Diego. Space is Limited | RSVP Required. RSVP Online or call 858.637.3380.

 **Vocational Support**  
**Jewish Family Service**  
858.637.3380 for information and RSVP or online at [jfsd.org](http://jfsd.org).  
Skill-building workshops identifying vocational skills and setting realistic goals, creating resumes, reoriented career paths and interviewing skills.

 **Support And Networking Groups**  
You are not alone during these tough times. Meet with others who are going through similar experiences and receive support from our professional staff. For a list of current support groups, call 877.537.1818.

 **Support Group for Professionals**  
Are you a professional affected by the economy? Have you been laid off? Had to take a job that you are overqualified for? Are you hurt? Angry? Astonished? Come share your thoughts, get support from other professionals who have lost their jobs. Call 858.637.3010 for more information or to register.

 **Jewish Employment Network (JEN)**  
Are you a Jewish community member who's looking for a job? We can help you in your job search by providing mentoring, job coaching, and access to a list of appropriate job leads. For more information, call 858.637.3360 or visit [jfsd.org/JEN](http://jfsd.org/JEN).

## Contact Information

Community Chaplain	858.922.8107
Hand Up Youth Food Pantry	858.637.3088
Jewish Family Service	877.537.1818
On the Go	858.634.6537
United Jewish Federation	858.571.3444



The United Jewish Federation of San Diego County is dedicated to building a vibrant and inclusive local Jewish community, and to enhancing the well being of Jews in San Diego, Israel, and throughout the world.

Find out how you can be the difference. Visit [jewishinsandiego.org](http://jewishinsandiego.org) or call 858.571.3444.

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