



Jewish Family Services

West Hartford

e-Possibility

Spring 2016

COUNSELING for ALL | DONATE | VOLUNTEER | BUSINESS PARTNERSHIP

As we prepare to celebrate Passover...



Passover, the Jewish festival of freedom, commemorates the exodus of the slaves from Egypt. It is the journey from darkness to light, fear to safety, from doubt to ultimate trust.

Karen suffers from depression and anxiety, making her daily struggles difficult to manage. She has low self-esteem, constant fears, and feels trapped in her own mind. Every week, Karen meets with her JFS therapist to receive the tools she needs to break free and cope more effectively with these challenges.

This Passover, you can help members of the greater Hartford community, like Karen, free themselves from their own form of slavery. Jewish Family Services provides counseling, education and community support to help people advance along the path toward emotional well-being, self-reliance, and more positive relationships.

DONATE NOW

Thank you in advance for considering a donation to Jewish Family Services at this time.



TOGETHER. Embracing Possibility.

Jewish Family Services offers mental health counseling, a money coach, a food coach, a life coach, a Kosher food pantry, and employment transition support. We help people of ALL religions advance along the path toward emotional well-being, self-reliance, more positive relationships, and a renewed sense of possibility.

Read below about our upcoming events and ways we're partnering within our community. Visit our website to [Learn More](#).

Jewish Family Services
Embracing Possibility

*Make this
day different from
all other days*

Paint a Seder plate for a JFS client to celebrate Passover

Join us on **Sunday, April 3, 2016**
at **The Claypen, 997 Farmington Ave., West Hartford**
from **10 - 11:30 AM or 5:30 - 7 PM | \$18**



RSVP for a shift to **Patti Weiner** at pweiner@jfshartford.org or 860.236.1927 X7129

JCC Film Festival



Enjoy the film and stay for Reel Talk immediately following with JFS clinician Nancy Lichtenberg, LCSW.

Spotlight Theaters, 39 Front Street, Hartford.

Call 860-231-6316 for tickets. \$12 advance/\$15 at door.

Conversations on Aging ~ Mindfulness



We'll provide an overview of mindfulness and discuss tools for dealing with depression, anxiety, stress and pain. Presenter is JFS clinician Penny Yellen, LCSW.

Tuesday, April 5, 10 to 11 a.m. at the WH Senior Center, 15 Starkel Road, West Hartford.
Pre-registration required. Call the Senior Center at 860-561-7583.
Members \$1. Non-members \$2.

JETS - Putting Yourself Out There



Come to the free discussion on Wednesday, April 6,
from 8 to 11 a.m.

Dr. Keith Rollag, Associate Professor and Chair of the Management Division at Babson College, will be presenting *Putting Yourself Out There: How to Become More Confident, Proactive and Successful*.

Networking begins at 8 at Beth El Temple, 2626 Albany Avenue, West Hartford. Presentation begins at 9.

Email ecartledge@jfshartford.org, call 860-236-1927 x7120 or go to <http://conta.cc/1Ux6qFf> to register.

Welcome to the newest JFS Business Partner



Pet Supplies Plus partners with JFS by donating gift cards to our clients in need who have pets.

Jewish Family Services' Business Partnership Program is designed to collaborate with for-profit companies, like yours, to directly help our community.

JFS is in the "business" of providing vital, life-changing services to families who may also be your customers throughout the greater Hartford area.

Partnerships match your business with a specific JFS program or event.

Become a Partner - change a life!

Interested? Call 860-236-1927 x7080 or email swaitsman@jfshartford.org to learn more.

Community Partners



Save the Date

LIVING WITH INTENTION 2016

Monday, May 23, 2016 | 7:00 pm

BETH EL TEMPLE

THE CIRCLE OF LIFE:

Finding Intention and Passion at Every Age



With Iris Krasnow
Author, Professor,
& Motivational Speaker

Leadership

Carolyn Gitlin

2016 Women's Philanthropy Chair

Elise Rosenstock

Living With Intention Chair

Debra Glassman

Associate Vice President, Development

Community Partner



Introducing



RSVP TO Abbey Cohn

acohn@jewishhartford.org | 860.727.6131

Couvert: \$15

"We should give meaning to life, not wait for life to give us meaning."



333 Bloomfield Avenue, Suite A, West Hartford, CT 06117
860-236-1927 info@jfshartford.org



Don't forget to like our Facebook page for updates and announcements!
Check out our [website](#).