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MEDIA RELEASE

## Soaring to Success with JETS

WEST HARTFORD—November 15—With a Masters degree in Counseling, varied work experience including teaching psychology, working in an Employee Assistance Program, substitute teaching, and tutoring, Donna Frezza did not expect such a challenge when applying for a job in Connecticut a year ago.

“I applied for over 200 positions online,” explained Frezza, “and nothing.” Then she heard about the JETS Schmoozers program and attended her first networking session. “My first time there, I just sat in a chair and waited for the speaker. Then I learned how important it is to network.” Networking is the cornerstone of the Schmoozers program which meets on various Wednesdays from 8 to 11 a.m. at Beth El Temple in West Hartford. The first hour is devoted to networking, followed by a speaker who focuses on a specific aspect of a successful job search.

“Each time I became less inhibited,” said Donna. “The program helped me think about the job search in a different way.” Within JETS, Donna found support in a resume writing workshop and strategies to utilize social media to her advantage.

“I learned of a job through a JETS email and applied for it,” Donna said. “I am happy to say I’ve just completed my first week as Events Coordinator & Assistant to the CEO at NCCJ. I went from frustrated and demoralized to having a job in an organization with a mission that I love.”

“JETS provides a comprehensive career preparation program,” said Judy Rosenthal, JETS Program Facilitator. “This program is available at no cost to the participants.” Check the JFS website for a calendar of upcoming JETS events.

JFS focuses on three core areas: Counseling, Education, and Community Support, and utilizes a variety of counseling treatment approaches and can help clients address a wide range of issues. Visit [www.jfshartford.org](http://www.jfshartford.org) to learn more about Jewish Family Services.

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