

Jewish Family Services

West Hartford, CT

e-Generations

Spring 2015

COUNSELING for ALL | DONATE | VOLUNTEER | BUSINESS PARTNERSHIP



A joyous Passover Seder...is out of reach for many of our clients. Your donation will make it possible.

Did you know...

- in 2014 the Anja Rosenberg Kosher Food Pantry provided 3,996 bags of food and personal care items to more than 700 people in our community?
- we are able to provide items through relationships with FoodShare, Crown Market, and Whole Foods?
- we receive fresh vegetables from The Jewish Local Greens CSA and Root Down Farm?

The success of the food pantry is accomplished with wonderful volunteers and contributions from caring donors.

Add special meaning to your family's Passover season with a donation to the JFS Maot Chitim Fund (a centuries old custom to provide the poor with matzo and other items for the observance of Passover).

Thank you from the board and staff of Jewish Family Services!



Anxiety as we Get Older

We'll teach you strategies to cope with anxiety...
including mindfulness
and other stress reduction techniques.

May 5 ~ 10:00-11:00 a.m.

West Hartford Senior Center
15 Starkel Road, West Hartford
860-561-7583

Pre-registration Required ~ \$1 Members ~ \$2 Non-members

Presenters from Jewish Family Services
Penny Yellen, LCSW ~ Lynn Marcus, LCSW ~ Jennifer Passaro,
LCSW

April is National Volunteer Appreciation Month

Jewish Family Services will honor over 80 volunteers at the annual Volunteer Recognition Reception being held this month. The annual event is hosted by our generous business partner TD Bank.



If you are interested in volunteering on a regular basis, we may have an opportunity for you. Currently recruiting for gardeners and food transportation volunteers.

To get started, please visit our [website](#) to download a volunteer application.



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860-236-1927 info@jfshartford.org



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

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