

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

858.537.1818 for information

- Drop-in support groups for people struggling with the financial crisis and its effects.
- A group for those dealing with the emotional impacts 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.

How to Reclaim Your Sleep

858.637.3380 to RSVP

Workshop will cover sleep hygiene tips emphasizing mental health for mental wealth, sleep induction practices involving breathing and the senses to both fall and stay asleep, the wisdom of dreams for everyday life and dream journaling and dream processing for enhanced well-being
Wednesday, July 15, 6:00 - 7:30 p.m.
Mission Valley Branch Library
2123 Fenton Parkway

Introduction to Stress Reduction

858.637.3380 to RSVP

Wednesday, June 10, 6:00 - 8:00 p.m.
Monday, July 20, 6:00 - 8:00 p.m.
8804 Balboa Avenue
Learn and practice a variety of stress reduction exercises to help deal with the stresses during these challenging economic times.

Taking Care of Yourself During Tough Times

858.637.3380 to RSVP

Wednesday, July 1, 6:00 - 7:30 p.m.
Mission Valley Branch Library
2123 Fenton Parkway
Learn some techniques for surviving and thriving during these challenging economic times.

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 & 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

Retired or Planning Retirement? Financial Strategies for Tough Times

858.637.3380 to RSVP

Monday, June 1, 6:00 - 7:30 p.m.
Carmel Valley Branch Library
3919 Townsgate Drive, San Diego
Workshop will cover how the current economic climate impacts your plans for retirement.

Bankruptcy: A Financial Strategy for Troubled Times

858.637.3380 to RSVP

Tuesday, June 9, 6:30 - 8:00 p.m.
Tuesday, July 7, 6:30 - 8:00 p.m.
8804 Balboa Avenue
This program will acquaint you with the different types of bankruptcies available to individuals; will provide practical information to decide whether bankruptcy is right for you.

Avoiding Foreclosure: Finding Solutions for Concerned Homeowners

858.637.3380 to RSVP

Monday, June 8, 6:30 - 8:30 p.m.
8804 Balboa Avenue
Learn about upside down mortgages, loan modification, foreclosures, a short sale, and how to save your house or should I?

Let's Talk - Couples & Money

858.637.3380 to RSVP

Wednesday, June 24, 6:00 - 7:30 p.m.
8804 Balboa Avenue
Sharpen up your couples' communication techniques so as to stay better friends with your partner during these trying times.

Help with Jobs & Work

J-Jobs Sponsored by UJF

j-jobsonline.com
New job site provides employment opportunities and career information. For information, contact j-jobsonline@ujfsd.org.

Vocational Support Jewish Family Service

858.637.3380 for information and

RSVP or online at jffsd.org.
Skill-building workshops identifying vocational skills and setting realistic goals, creating resumes, reoriented career paths and interviewing skills.

Career Planning & Job Search Skills

Jewish Family Service

858.637.3380 to RSVP
Wednesday, June 3, 6:30 - 9:00 p.m.
Interviewing Skills: Preparation and Participation
Congregation Beth Israel
9001 Towne Centre Drive

Career Planning & Job Search Skills

Jewish Family Service

858.637.3380 to RSVP; space is limited.
Series of three workshops, 6:30 - 9:00 p.m.
(Workshop on June 15 will be from 6:30 - 8:30 p.m.)
Temple Solel
3575 Manchester Avenue, Cardiff

How To Find The Right Job

Monday, June 15

Writing Resumes that Work

Monday, June 22

Interviewing Skills:

Preparation & Participation

Monday, June 29

Contact Information

Community Chaplain	858.922.8107
Hand Up Youth Food Pantry	858.637.3088
Jewish Family Service	858.537.1818
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.

For information about UJF and the entire community, visit jewishinsandiego.org or call 858.571.3444.