



Jewish Family Services is here for you!

Our community is experiencing difficulties. The economic situation is affecting all of us in some way. For some it's easier to pull away and to hide in our homes rather than interact with others or to ask for help.

**Now is the time for JFS to speak out, to let every member of our community know that we have services that can help.
We are here to help.**

These are just a few of the services we offer:

- ***Lost a job? Or fear cutbacks are coming & want to be prepared?***
JFS offers vocational and career services including a Job Seekers Support Group.
- ***Is the whole family feeling the stress?***
JFS has licensed therapists on staff for every family member including a licensed child and adolescent therapist for the kids. Sometimes just talking things over, learning a few new coping skills and identifying available resources when you need them or before you need them can lower stress.
- ***Facing utility cutoffs or other short-term emergencies?***
JFS has emergency loans available for those who qualify.
- ***Are skyrocketing grocery bills causing you to cut back on feeding your family?***
JFS has a food pantry and a qualifying food coupon program that can help stretch your food dollars.

Do you know someone who needs our services but may be too embarrassed to call? Please encourage them to call so we can help.

**JFS Services are:
Professional
Confidential
Effective**

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