

## Join Our Virtual Workshops

### Grab your cup o' joe & join us

#### The Upcoming Buzz

- **Monday, June 1st 10-10:30am** – Handling Your Cash During COVID-19 with [Kyra Crook](#)
  - For those interested learning ways to find financial security
  - What you can expect: information on budgeting, reviewing credit and “spring cleaning” your finances
  - Register here: [Zoom Registration](#)
- **Monday, June 8th 10-11am** – Speaking to be Understood and Listening to Understand with [Cassandra Stewart](#)
  - For parents
  - What you can expect: an interactive discussion on positive communication, danger signs, and practical steps to learn and practice healthy communication skills
  - Register here: [Zoom Registration](#)
- **Monday, June 15th 10-11am** – Forced Migration, Displacement and Resettlement with [Tariq Mohamed](#)
  - For professionals in healthcare, social work, education, human services and individuals interested in community engagement and volunteerism
  - CEUs: This program is approved for 1 CEU by the State of Ohio Counselor, Social Worker, and Marriage & Family Therapist Board. Board Approval Number: MSX01203648
  - What you can expect: definitions and clarity of what makes someone a refugee, knowledge on refugee policy in the United States and the social, cultural, and economic impact of refugees on our community and insight to an experience
  - Register here: [Zoom Registration](#)
- **Monday, June 22nd 10-11am** – Meditation as a Tool to Manage Anxiety and Depression with [Christie Kaufman, LISW-S](#)
  - For individuals interested in learning the basics of several types of meditation, why meditation is helpful to both physical and mental health, and how to use this skill in managing anxiety and depression
  - What you can expect: exploration of online resources, apps, videos, and books about “meditation methods” and “mindfulness meditation” across various approaches
  - Register here: [Zoom Registration](#)
- **Monday, June 29th 10-11am** – Overcoming Job Search Hurdles with [Malka Bendor](#)
  - For job seekers, dislocated professionals, college graduates
  - What you can expect: a checklist for job search preparation and trends in today's job search
  - Register here: [Zoom Registration](#)

#### Past Events

- **Monday, May 11th 10-11am** – Getting Through Job Search Hurdles During Covid-19 with [Malka Bendor](#)
  - For job seekers, dislocated professionals, college graduates
  - What you can expect: what is “trending” in job search today and the tools needed for your toolbox
- **Monday, May 18th 10-10:45am** – 6 Tips for Taking Care of You During the Covid-19 Crisis with [Michele Bernstein, LISW](#)
  - For anyone looking for self-care advice
  - What you can expect: tips for you and learn how Jewish Family Services can be a resource

Follow up questions for our speakers? [workshops@jpscolumbus.org](mailto:workshops@jpscolumbus.org)


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