

Did You Know This About Jewish Family Services?

It's been here since 1980, and certainly the community knows at least a little about Jewish Family Services ...

"They work with seniors, I think."

"Don't they have that food pantry?"

"Heard the name, they do good things for families, right?"

Well, yes, all that's true but there's much more. Although most people are aware that JFS is a social service and counseling agency with a mission to serve Jewish families in need in the Charlotte region, here are a few things you may not know about the range of services, the professional clinicians, and the diverse families and individuals who depend on the agency.

There's No Age Limit

The JFS clinical staff offers years of experience in providing therapy for clients of all ages. Clients can be four years old or 100 (although most fall somewhere in between). Among the staff members are a children's specialist with expertise in play therapy, special needs, and parenting skills and a counselor specializing in the needs of older adults. There are therapists who specialize in adolescents, child development, family, couple counseling, domestic abuse and vocational counseling. The JFS staff works with families, couples and individuals to help with a wide range of issues: depression, anxiety, transition, phobias, school performance, behavioral problems, divorce, grief and loss, and many other areas of concern.

Those Letters aren't So Mysterious After All

All therapists at JFS have professional licenses and credentials and/or hold advanced degrees. But what do these letters and acronyms mean? LCSW is a Licensed Clinical Social Worker and an MSW is a Masters' of Social Work. JFS therapists have both the credentials and experience to provide effective council for their clients. When you choose JFS, you are assured of receiving some of the highest quality treatment available anywhere in Charlotte.

Confidentiality is 100% Guaranteed

The policy at JFS is to serve

clients in a dignified and confidential manner. The agency is HIPPA-compliant and information is never shared without written approval from the individual or family. The only exception to this policy is in cases where clients may cause harm to themselves or others.

Flexible Hours Accommodate Busy Schedules

Working clients have the advantage of evening hours at JFS. Clinicians work with clients to accommodate their schedules. The agency also offers a 24-hour on-call program for emergency clinical needs. Staff members are available 24 hours a day, seven days a week, to help with non-medical clinical emergencies.

The Friends Campaign is More Important than Ever

To keep pace with rising insurance costs and increased needs, JFS turns to the community once a year for support. Without the funds raised during the annual Friends Campaign, JFS couldn't continue to offer its comprehensive range of programs and services. More than 2,000 families and individuals were helped by JFS in 2008, and more are expected to seek the agency's assistance this year. Every donation, no matter how big or small, makes a difference.

The Food Pantry Offers More than Food

It offers essentials for daily living. Accessed more than 200 times each month, the food pantry provides extra support for families and individuals struggling to make ends meet. In November alone, 77 adults and 31 children visited the pantry for food items, toiletries, household products such as detergent and soap, and gift certificates for fresh foods at area supermarkets. The food pantry is a "mini-pantry" for the emergency food program Loaves and Fishes, from which JFS receives some of our food along with the generous participation of our school children, the JCC sports teams, temples and community members. Donations are always needed, welcomed and appreciated. You can get a "suggested shopping list" of needed items from the JFS office. The pantry always needs one-dish meals such as hearty soups, beef stew, chicken and dumplings,

canned chicken, tuna, salmon, cereals, peanut butter and jelly, as well as paper goods, personal items such as deodorant, shampoo, detergent and dishwashing liquid.

Volunteers are a Big Part of the JFS Success Story

JFS maintains a core of Mitzvah Maker volunteers to help

with a variety of programs and services, and there's always room for more. In 2008, over 900 volunteer hours were logged. JFS works with volunteers' schedules to find the best fit. The greatest demand is for drivers to take clients to doctors' appointments. Volunteers also help with administrative functions, cook meals, and help

with holidays and special projects. If you are interested in becoming a Mitzvah Maker volunteer, please call the JFS office.

Tribute Cards Allow You to Receive While You Give

Purchasing JFS tribute cards is an easy, convenient way to

(Continued on page 33)