

JFS Offers Workshops, Support Groups and Parenting Discussion Groups

1. Nosh & Network Provides Help for Job Seekers

Jewish Family Services Nosh & Network series continues to be a popular and valuable program for those members of our community who are in the job market. Professional experts in the vocational field, including Harvey Smith, a certified Business Coach and owner of Carolina Business Coach, Ira Bass, President of IB Media, Betsy Olinger, Business Coach and owner of Marketing-U, Jeff Turk, owner of Omega Search, David Pinkley, founder and managing director of The Resume Sage and Steve Eanes, president of Changing Matters LLC have generously donated their time and talents. They have presented such job-related topics as creating winning resumes, marketing yourself, identifying your strengths, using



Nosh and Network

social technology effectively, projecting the right image, finding your dream job and overall strategies to help you create a game

plan for success.

All Nosh & Network workshops are free and are held at the Levine Jewish Community Center from 11:30 AM-1 PM. Everyone is welcome. Bring a dairy bag lunch, your questions and get ready to take charge of your job search.

For more information on

upcoming programs, contact Stacy Baum at stacy.baum@jfscharlotte.org and visit the JFS website at jfscharlotte.org

In addition to the Nosh & Network workshops, JFS and Temple Israel also co-sponsor a monthly Job Support Group the third Thursday of each month at 6-7:30 PM. For more information, contact stacy.baum@jfscharlotte.org.

2. Back to (Pre) School/JFS Parenting Place Fall Parenting Discussion Groups

Back to school typically brings an array of exciting activity - shopping for school clothes and supplies, picking out backpacks and lunch boxes. It can also be a time of stress for kids and parents, especially if your child is starting preschool for the first time. Choosing the right program to ensure a positive first experience and a happy school year becomes a priority for every parent. The same is equally true for parents with young children returning to

preschool.

JFS Parenting Place in conjunction with the Levine-Sklut Judaic Library and Resource Center is offering a fall series of monthly Parenting Discussion Groups focused on early childhood development for parents. Free babysitting is available. The facilitators are professional and licensed clinicians presenting such timely topics as Playful Parenting: Building Close Connections and Encouraging Confidence, Social and Emotional Skills, Getting Your Child to Listen, When Should I Be Concerned - Review of Early Childhood Red Flags and Stress Reduction Techniques for Young Children (and Their Parents).

Stop by, enjoy a cup of coffee and conversation around parenting issues. The workshops are informal, free and informative.

Parenting Groups will begin in early September and continue through spring. For more information, contact Talli Dippold at 704-

944-6780 or tdippold@shalom-charlotte.org or visit our website at jfscharlotte.org.

3. Caregivers Support Group

While growing older is just another part of the life cycle process, unfortunately the later years can become lonely and difficult for many seniors and stressful for family members trying to care for them. A chaotic economic environment adds to the emotional and financial challenges of care giving. Yet for caregivers, taking care of themselves is just as vital as taking care of your loved ones. If you are in this situation, we invite you to join the JFS Caregiver Support Group. Here you will get tips for staying well, meet new friends who understand the caregiver role and relax in a comfortable and welcoming environment. The group is free. Everyone is invited. Please join us.

The next Caregivers Support Group will be August 10 at 6:30 PM at the Jewish Family Services office in Shalom Park. For more information, contact Bea Gibbs or Nicole Vagnone at 704-364-6594 or bea.gibbs@jfscharlotte.org or nicole.vagnone@jfscharlotte.org. ☆

Thirty Black and Jewish Teen Freedom Riders in Charlotte to Explore Race Relations

A delegation of 30 Black and Jewish high school students from Operation Understanding DC arrived in Charlotte on Tuesday, July 7, as they traveled on their three-week summer journey to meet with movement leaders and foot soldiers, see places of importance to the African American and Jewish communities and proudly continue the legacy of the Freedom Riders. The students - 14 African Americans and 16 Jews - met with community activists and 1960 sit-in leaders B.B. DeLaine and J. Charles Jones; toured the Levine Museum of the New South; learned about Charlotte's Jewish community; and explored the Shalom Park campus.

ly create change, and that has influenced me to promote social justice in our society."

The 30 students from Washington, D.C. are part of Operation Understanding DC (OUDC), a 14-year-old educational leadership development program whose mission is as simple as it is vital: to bridge racial, religious and cultural divisions that exist among individuals by engaging youth in a constructive dialogue that leads to increased understanding. "With the election of Barack Obama and recent tragedy at the United State Holocaust Memorial Museum, Americans renewed a dialogue about the topics of race, of being inclusive of all religious beliefs

forge their own groundbreaking paths toward greater social justice."

Before reaching Charlotte, the students and four group leaders explored New York City and Greensboro, NC. From Charlotte, they traveled by bus to ten cities in four states including Atlanta, GA; Birmingham, Montgomery and Selma, AL; Meridian, Jackson, and the Mississippi Delta; and Memphis, TN. The group returned to DC by plane on Thursday, July 23.

In the months following the journey, our young leaders will take an active role sharing the ideas and lessons they learned in OUDC by facilitating prejudice awareness and reduction workshops throughout the community.

The reasons the teens had for joining this group varied. "I go to a Jewish day school," explained Samantha Bressman, 17, "and I'm in a 'bubble.' I wanted to meet new people and make new friends. And I know there's more that I can do."

Gabrielle Newell, 17, is biracial and wanted to know more about both her heritages. "I hope I can gain skills that will help eradicate both racism and anti-Semitism."

"My parents were activists for civil rights," Isabel Nathan said. "I was raised to be an activist. This is the organization for that," concluded the 16-year-old.

Since 1995, OUDC has empowered more than 360 Washington-area youth to speak out against racism, anti-Semitism and all forms of discrimination. Our graduates are the OUDC program director and program instructor, children's and victims' rights advocates, labor and community organizers, teachers, creators of university freshman orientation diversity programs, tutors of



Samantha Bressman, Gabrielle Newell, Sarah Homberg, Greg Armstrong, Camille Harris, and Isabel Nathan were among the students on Operation Understanding

elementary and middle school students, and much more. All will tell you that OUDC had a vital impact on their commitment to creating a stronger, more just community.

OUDC uses a two-community model to give students the opportunity to explore African American and Jewish cultures, religions and histories in-depth. By focusing on these two groups, who have had such similar universal histories of being subjugated, feared and maligned, students

graduate from the year-long program with a true understanding and appreciation of both communities. OUDC's comprehensive education enables its students to be effective ambassadors for all forms of diversity.

Operation Understanding DC is open to Black and Jewish high school juniors in the DC metropolitan area who have demonstrated a sense of responsibility, leadership potential and a "change the world" attitude. ☆



The teens got some much deserved down time playing on the fields and basketball court of the LJCC and Camp Mindy.

Charlotte has been an inspiring stop on the student's journey since 2003. Andrew Frank, a member of the 2008 class, explains, "J. Charles Jones talked about how, even though he was college student at the time, he still made a difference in the Civil Rights Movement. He told us that it is young people like us that can real-

and of the value of voicing diverse opinions," says Rachael Feldman, Executive Director of OUDC. "Since 1995, OUDC's participants have been fearlessly at the vanguard of what has now become our national discourse. Our students fulfill the dream of the civil rights pioneers who came before them, and, more importantly, they



The teens from Operation Understanding showed their leaders that "they got game" in addition to intelligence and compassion.