



JEWISH FAMILY SERVICES



Please Help the Jewish Community

With only two months left in our 2012 Family to Family Annual Campaign, we are asking every family in our community to support JFS. Donations to the annual campaign allow members of the Jewish community to receive the help they need when they need it, and the skills to help themselves moving forward.

* Your gift provides counseling to a family who is grieving the loss of their wife and mother, even when they don't have insurance.

* Your gift helps the single mother who was just diagnosed with cancer receive benefits and financial assistance from DSS, United Family Services, and Social Security.

* Your support ensures that every homebound Jewish senior remains connected to the Jewish community.

* Your donation gives free help to the newly unemployed couple to set up a budget and fill out food stamp applications.

If you have not yet made your pledge, please email beth.cupp@jfscharlotte.org, call 704-364-6594 or go online to www.jfscharlotte.org. Payments are not due until December 31 and are 100% tax-deductible.



The Race is On!

Sign up for the 5k/1 Mile Friends Run on November 11. Run the chip-timed 5k or the one mile fun run, then enjoy post-race treats and activities at the Levine JCC, as well as a salute to our country's Veterans in honor of Veterans Day Weekend.

Volunteers needed the day of the race - this is a great opportunity for those looking for community services hours so let your teens know. Sign up to participate or volunteer at www.Friends-Run.com.

Counselor's Corner Now Online

Visit our website www.jfscharlotte.org for monthly articles writ-

ten by our counseling staff. October's articles feature advice from JFS Child and Adolescent Therapist Libby Rains on depression awareness in honor of October's Mental Health Month and a second article on Domestic Abuse.



Fall Programming: JFS Parenting Place Child and Adolescent Programming

All groups and classes are open to the public, including new participants. Fees apply to some programs. Full schedule on www.jfscharlotte.org; call 704-364-6594 to register.

Love and Logic® Parenting Classes Begin in October

* Are you raising the captain of the debate team?

* Wondering if your kids will ever listen to you?

* Feel exhausted at the end of the day?

Join JFS and Love and Logic® Facilitator Wendy Petricoff to learn fun and easy-to-use parenting techniques to help put the fun back into parenting. You will learn practical tips and skills to avoiding arguments with your children, discover ways to share control, and arm yourself with all the Love & Logic® tools you need to be an effective parent.

Multiple workshops offered beginning October 4 - full schedule online.

Social Skills Groups

Boys ages 9-12 will work on building and maintaining friendships by participating in this fall's Social Skills Group, beginning Thursday, September 20. Social Skills groups are ideal for children who struggle with social and emotional regulation, experience problems making and keeping friends, have difficulty cooperating with peers and adults, or present underlying development delays or lagging skills.

Utilizing interactive play, children will be assisted with developing skills that help with overall social and emotional regulation abilities skills.

Thursdays, September 20-October 20, 3:45-4:30 PM at JFS.

Peer Group for Tween and Teen Girls

JFS is pleased to offer a new curriculum specifically for tween and teen girls. JFS clinical therapists will use a peer-centric curriculum to build participants' knowledge and skills for resisting negative peer pressure by empowering them to identify what they

are being pressured to do and the consequences. Participants then determine healthy alternatives and invite peers to join them in acting on their smarter choices.

Wednesdays, October 10-November 17, 4-4:45 PM at JFS.

Other JFS Events in October Caregiver Support Group

Are you a caregiver for a friend or loved one? Taking care of yourself is just as vital as taking care of your loved ones. Join JFS Licensed Clinical Therapist Nicole Levine and Director of Senior Adult Services Natalie Tunney and other individuals who understand the ups and down of being a caregiver. Meetings take place the second Tuesday of every month. Next meeting is Tuesday, October 9, 6 PM at JFS.

Save Thousands with GoPlaySave Citipass Coupon Books

Stop by JFS Monday-Friday 9 AM-5 PM to pick up your book.

Acknowledgements

Thank you to the following individuals and organizations who contributed their time to Jewish Family Services in July. Your support and generosity allow us to provide quality services and programming to our community: Ben Aizenman, Penny Krieger, Frada Mozenter, Bill Schwartz, Amalia Warshenbrot. ☆



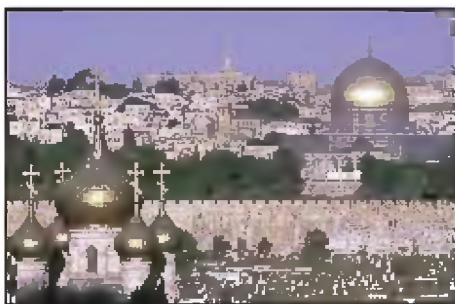
Jewish Family SERVICES
the heart of our community

DINING OUT, CATERING & HOSPITALITY

~ NEWLY OPENED ~

JERUSALEM CAFÉ

Middle Eastern Restaurant



\$3.00 OFF

\$15 or more Lunch Purchase
With this coupon. Expires 12/31/12

\$5.00 OFF

\$30 or more Dinner Purchase
With this coupon. Expires 12/31/12

Best Falafel in Charlotte

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Hours:
Mon-Sat. 11AM-9PM
Sunday 11AM-7PM

Check out our menu online at www.JerusalemCafeMatthews.com

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704-321-1112

Happy Holidays

Mazel Tov & Congratulations

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and a master's degree from Temple University.

Founded in 1937, Waddell & Reed today has grown to more than 250 offices nationwide. The company offers a wide array of investment products and services

as well as a variety of insurance products through arrangements with outside insurance companies. For more information about Waddell & Reed, or about financial services in general, contact Jenny Sperry at 704-553-7220. ☆

ENGAGEMENT Mann-Novick

Pearl and Alan Mann are happy to announce the engagement of their daughter, **Dr. Amy Yvette Mann**, to **Dr. Evan Louis Novick**. Amy is the granddaughter of **Mary** and **Simon Wojnowich** and the late **Lila** and **David Mann**. Amy earned her BS from Indiana University, her MS from Boston University, and her DMD from Boston University. She currently practices dentistry in Boston. Evan is the son of **Jill Shuman Novick** and **Bruce Novick** both of Boston. He is the

grandson of **Elaine** and **Sidney Shuman** and the late **Florence** and **Louis Novick**. Evan earned his BA from Ithaca College and his DMD from Boston University. He is currently practicing dentistry in Providence, RI. Their November 9, 2013 wedding will be at the Westin Hotel in Charlotte. ☆

