



Jewish Family Services



Instant Remembrances

JFS has an easy way for you to make donations in honor or memory of loved ones or special events.

It's as easy as 1-2-3!

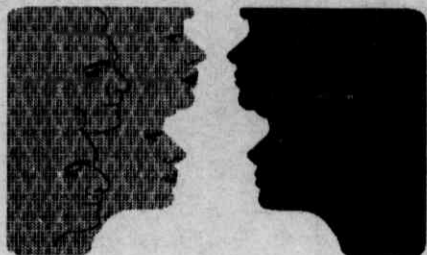
1 Simply pick up the phone and call us at 364-6594.

2 We'll mail a lovely tribute card within 24 hours of your call for a minimum donation of \$5 per card.

3 You can also charge it to your credit card (\$10 min).

CALL TODAY!
364-6594

Dear Counselor:



The following is a new column that will give anyone in the community the opportunity (even anonymously) to ask questions from

one of the professional counselors at Jewish Family Services. One question will be featured each month. If you want to participate, send your letter to: DEAR COUNSELOR, c/o Jewish Family Services, 5007 Providence Road, Charlotte, NC 28226, or bring it to the JFS office. We promise to respect your privacy and will print no names unless you specify otherwise.

Dear Counselor:

"I am always behind in things to do at home and at work. I make lists and set goals for myself but then I can always find reasons why I can't meet them. I am constantly unhappy with myself, and lately it is causing me problems with my boss at work. What can I do to break this terrible habit?"

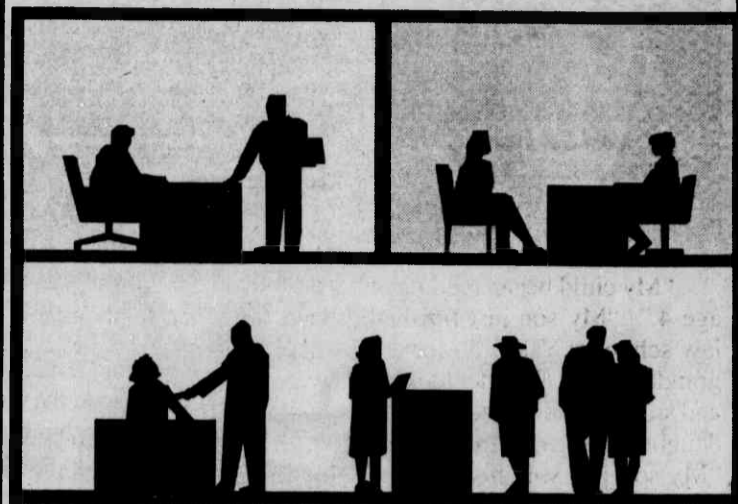
M.G.T.

Dear M.G.T.:

Even Lord Chesterfield who coined the phrase "Never put off till tomorrow what you can do today," never got around to marrying the mother of his child. Let me explain what normally causes us to put off doing things we know we have to do. Self-doubt, poor problem-solving skills, indecisiveness, lack of discipline and fear of making a mistake can all contribute to procrastination.

The worst procrastinators are perfectionists who won't begin a task unless they are sure they are going to get it right in the first place. The solution lies in getting started or approaching the tasks in a different way to avoid the pressure of deadlines.

Are You: Out of Work? Changing Careers? Needing Job Support?



Join the Newly Formed Group

"MAKING A BUSINESS OUT OF JOB-SEEKING"

The group meets at 9:00 a.m. on Mondays at Jewish Family Services. Put your head together with others to plan your job-seeking strategies. Group sessions will be facilitated by Sandy Lewis, clinical counselor on staff at Jewish Family Services.

**NEW MEMBERS
ARE WELCOME
EACH WEEK!**

FEE: each session \$5.00*

*NOTE: Jewish Family Services has a sliding fee scale to enable all members of the Jewish community to be served.



Larry Horowitz, CLU, ChFC

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