



Beating the Economy: Tools for Living Well in Tough Times

A Free Workshop Series on Financial and Emotional Health by

**Jewish Family Service of Bergen and North Hudson
1485 Teaneck Road, Teaneck NJ 07666**

Wednesday July 8

Financial Health

Workshops

7pm-9pm

**Guidelines for Financial Stability
In Troubled Times**

Ed Ruzinsky CPA, CMC, Retired Partner,
Deloitte & Touche; Treasurer, JFS of
Bergen and North Hudson; Chairman,
Finance & Human Resources committee
Holy Name Hospital

Geoffrey M. Lewis, CA (SA), CPA.
Chief Financial Officer,
Optima Fund Management LLC.;
Secretary, JFS of Bergen and North Hudson;
Vice President, Solomon Schechter Day
School of Bergen County; Treasurer,
Lubavitch on the Palisades

Looking for a Job in Hard Times:

Practical Employment Advice

Marlena Lechner, MA, Career
Development Specialist, JFS of Bergen and
North Hudson

Wednesday July 15

Personal and Family Health

Workshops

7pm-9pm

Minimizing Stress: Coping Skills for Life

Faith O'Connor, Case Manager, JFS of
Bergen and North Hudson

**What Do I Tell My Kids? Talking to
Children about Money Matters**

Sheila Steinbach, LPC, Coordinator of
Special Projects, JFS of Bergen and
North Hudson

**Suad Gacham, Director of School Based
Services**, JFS of Bergen and
North Hudson

**Maintaining a Healthy Marriage
When Money is Tight**

Debbie Fox, LCSW, Senior
Clinical Social Worker, JFS of
Bergen and North Hudson

Allison Limmer LCSW, Clinical
Social Worker, JFS of
Bergen and North Hudson

*All workshops are free and open to the community.
Supported by UJA of Northern New Jersey.*

For questions or to register, call and ask for

IRA - Intake and Referral at:

201-837-9090

or send us an e-mail at IRA@jfsbergen.org



Claims Conference ועידת התביעות
The Conference on Jewish Material Claims Against Germany

