

Feeling *STRESSED* in your job search?



The Greater Raritan Workforce Development Board and EmPoWER Somerset are offering a **FREE** eight-week virtual program for community members entitled, "*Bridge to Success.*" EmPoWER Director of Programs Cheryl Rinaldi will lead the series which focuses on teaching different skills, including communication, building a support network, and coping with stress in life, work and relationships.

The virtual series will run every Thursday from 10am to 11am, beginning October 1st.

Participation is limited to 12 people.



\$50

Everyone who attends and completes seven of the eight sessions will receive a \$50 gift card to Amazon or a local restaurant.



THE SERIES INCLUDES:

- Week 1:** Introduction-What Is Stress
- Week 2:** Problem Solving
- Week 3:** Social Support Networks
- Week 4:** Effective Communication
- Week 5:** Rethinking the Problem
- Week 6:** Healthy Habits, Eating and Sleeping
- Week 7:** The Continuum of Use and Abuse
- Week 8:** Your Personal Management Plan



Each meeting will end with relaxation techniques.

To register or for questions, email Paul Grzella at grzella@co.somerset.nj.us