

# 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 Somerset will present the series which focuses on teaching different skills, including communication, building a support network, and coping with stress in life, work and relationships.

Participants are expected to attend all sessions.



The virtual series will run every Thursday from 5pm to 6pm, beginning February 25th.

Participation is limited to 12 people.



**\$50**

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



## 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.*

[Click here to register.](#)

For questions, email Paul Grzella at [grzella@co.somerset.nj.us](mailto:grzella@co.somerset.nj.us)



SCAN ME

**Greater Raritan**  
Workforce Development Board



**EmPoWER**  
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Encouraging Perseverance with Education and Resources

