

# Feeling *STRESSED* in your job search?



The Greater Raritan Workforce Development Board and EmPoWER Somerset are offering a **FREE** nine-week virtual program for community members entitled, *"Bridge to Success."*

We know the past months have been challenging. The stress management techniques shared in this series will help participants survive and thrive during the job-search process, and in life.

Participants are expected to attend all sessions.



The virtual series will run every **Thursday** from 5pm to 6pm, beginning September 23th.

Participation is limited to 12 people.



**\$50**

Everyone who attends and completes eight of the nine 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:** Special Speaker on Career-Building Techniques
- Week 6:** Rethinking the Problem
- Week 7:** Healthy Habits, Eating and Sleeping
- Week 8:** The Continuum of Use & Abuse
- Week 9:** 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

