

# 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 February 3, 2022.

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

