

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."

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 Monday from 10:30 a.m. to 11:30 a.m., beginning October 9, 2023.

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:** Refusal Skills and Details on Local Career-Building Resources
- 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



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Workforce Development Board
A proud partner of the **americanjobcenter** network

EmPOWER
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Encouraging Prevention with Education and Resources

