

SCHOKE JFS REPORTER OF FAIRFIELD COUNTY

Serving Norwalk, Wilton, Westport, Weston, Fairfield, Trumbull, Bridgeport, Ridgefield, Redding, Easton, Monroe, Stratford, Stamford, New Canaan, Darien

VOLUNTEERS PACK 600 PERSONAL CARE KITS!

For **Homelessness & Hunger Awareness week**, Schoke JFS hosted close to sixty volunteers across our two offices in Fairfield and Stamford, including several members from the Congregation for Humanistic Judaism in Westport, making for a day of fantastic community engagement and volunteering.

Between the two sites, we packed an estimated six hundred personal care kits. These kits are distributed through the **Freedberg Family Kosher Food Pantry**, **Kosher Mobile Food Pantry**, and case managers to their clients.

What a win for our entire community!



Volunteers packing care kits for clients at the Schoke JFS Fairfield Office.

Become a Schoke JFS Volunteer!
Sign up at: www.ctjfs.org/volunteer



Feeding the Community: Schoke JFS adds additional Mobile Food Pantry sites

In our ongoing commitment to address food insecurity in the community, Schoke JFS expanded its monthly **Kosher Mobile Food Pantry** partner sites to include **Mercy Learning Center (MLC)** in Bridgeport, CT. MLC provides basic literacy and life skills training to women with low income using a holistic approach.

During the first Mercy Learning Center distribution, the Mobile Food Pantry provided food and nourishment to 223 individuals from 80 households, marking our second-largest distribution to date!

In addition, the Mobile Food Pantry also added a new monthly distribution at **Stern Village** in Trumbull, CT. Stern Village offers affordable housing for low-income seniors and those with disabilities.

These new partner sites allows us to reach even more people in need including over 100 new households!



Schoke JFS Here to Support

with Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) affects many people as the weather changes. The arrival of darker, colder days can have a negative impact on mental health, resulting in feelings of lethargy, depression, and a lack of motivation. However, there are numerous effective strategies that can be used to combat seasonal depression and promote emotional balance and well-being.

However, there are several strategies to combat seasonal depression, including self-monitoring techniques like mood journaling and activity tracking, coping strategies like light therapy, regular exercise, and social engagement, and professional resources like therapy services and support groups.

Seeking support is helpful in managing seasonal depression. Schoke JFS offers counseling services and support groups through the **Kuriansky Family Counseling Program**. Connecting with one of our licensed therapists can provide you with personalized guidance and support tailored to your specific needs

Contact: **Gus Nuñez**, Director of Clinical and Family Life Services, at gnunez@ctjfs.org or **203-921-4161**.



Gus Nuñez, LMSW, Clinical Director, provides emotional support to a client.

Welcome Janet Wainright

Schoke JFS Development Officer



We are pleased to announce the appointment of Janet Wainright as our new Development Officer. Janet is a familiar face to many, having spent numerous years at the Jewish Federation of Greater Fairfield County. We believe that her extensive experience and commitment to our mission will contribute positively to our growth and impact within the community.

Janet brings experience in development, operations, and marketing, along with a wealth of knowledge of the upper Fairfield County community and its people. "It is a privilege to work in an environment with a team so passionate about the care of others. Having the ability to support the community through our work is a great reward."

Janet is excited to meet you and learn about your passion for our community! Say hello and schedule a meeting with her at **203-628-4622** at jwainright@ctjfs.org.

AN EVENING WITH SCHOKE JFS



HONORING

44th Annual Mitzvah Award Recipients
Nan and Paul Gordon

Betsy and Michael Stone

Volunteer of the Year Award Recipients
Sally Kleinman
Ronnie Sichel

SUNDAY, APRIL 7, 2024

TEMPLE BETH EL
350 ROXBURY ROAD, STAMFORD, CT

400,000+ residents of CT struggle with hunger

Pull Up Your Seat At The Gathering Table

Your monthly donation to The Gathering Table supports our food insecurity programs including CT's first kosher mobile food pantry!

Please scan QR Code or go to:
ctjfs.org/thegatheringtablemonthly/

SCHOKE JFS OF FAIRFIELD COUNTY

Kuriansky Family Counseling Program

We are here to **help** and **listen**

- Individual and Family Counseling
- Support and Social Groups
- Medication Management
- Psychiatric Consultation

Contact: **Guz Nuñez**, Director of Clinical & Family Life
203-921-4161 or gnunez@ctjfs.org

www.ctjfs.org/counseling/

Become a Schoke JFS Volunteer!

Make a difference in our community!

Volunteer opportunities include:

- Kosher Mobile Food Pantry Distributions
- Hirsch and Shabbat Meal Deliveries
- Organizing and maintaining the Freedberg Family Kosher Food Pantry
- Special Occasion Card Creations & More!

www.ctjfs.org/volunteer



196 Greyrock Place
Stamford, CT 06901

Our Second Location:

2452 Black Rock Tpk
Suite 2
Fairfield, CT 06825

In partnership with:



Make your gift **today**: Change lives in our **community**!



Visit www.ctjfs.org/donate
or call **203-921-4161**

