

THE MONDAY JOB SEEKERS

Start Monday right and prepare your weekly Plan of Action!

HELP FIRST, a collaborative program of Jewish Family Services of Greater Santa Barbara and Sanctuary Psychiatric Center of Santa Barbara, is sponsoring this four week group:

Topics

August 2nd: What kind of Job, and Where/How to look for work in Santa Barbara

August 9th: A Resume and Cover Letter that says "Interview Me!"

August 16th: Preparing for the Interview: How to dress and present yourself in the best light

August 23rd: Caring for yourself: How to stay hopeful and de-stress during the job search

This is a FREE program offering

Time: Mondays, 9:30 a.m. to 10:45 a.m.

Place: Jewish Family Service of Greater Santa Barbara, 524 Chapala St. Santa Barbara, CA 93101

Call Today to Reserve your Space:

Barbara Kuhn, LCSW

Jewish Family Service of Greater Santa Barbara, 805-957-1116 Ext. 115