

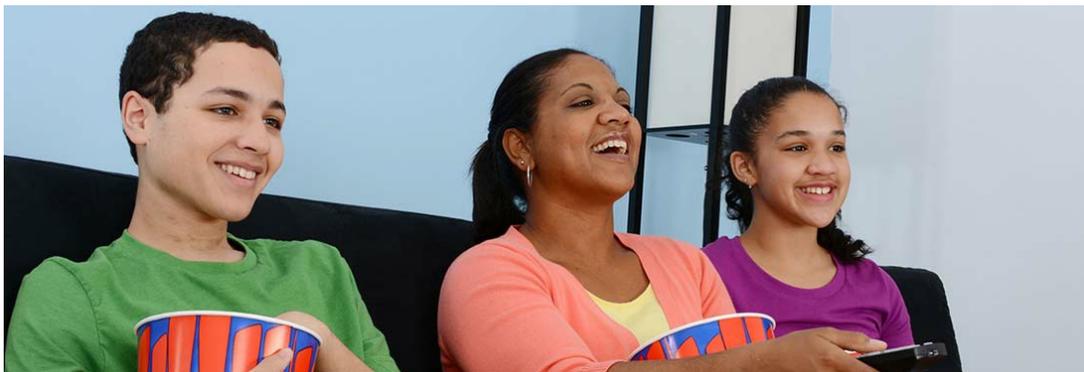


## JFS AGENCY UPDATE March 2021



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### Passover, the Miracle of Adoption and Finding our Way to Freedom



Happy Passover!

In this piece, JFS Executive Director Steven Schauder highlights the connections between Passover and the needs addressed by social and human service agencies like JFS.

Read more at the link below!

[Read More](#)

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### Meet the JFS Board: Interview with Robyn Chotiner



Meet the community members that help lead Jewish Family Service - this month we talk to Robyn Chotiner!

When asked her "motto", Robyn quotes Aesop, saying "No act of kindness, no matter how small, is ever wasted."

Read more about Robyn and her work with JFS at the link below!

[Read More](#)

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### **Resilience through Awareness and Imagination —Safe Space as a Lived Meditation**



The COVID-19 Pandemic has brought with it a host of mental health consequences. JFS has seen a meteoric rise in our therapy and counseling services since March 2020.

Read this excellent piece at the link below from JFS Family-Based Therapist Francina Fantauzzo, MA, ATR-P, on creating a safe space for meditation - a

place to return to as part of your mindfulness practice and self-care.

[Read More](#)

*If you are going through a difficult time, feeling overwhelmed, or want to make improvements, JFS is here to help. Learn more about our MyndWorks Counseling services [here](#).*

## Kosher Food Pantry: Help Us Feed Those in Need



Passover is a holiday at which food is a centerpiece - help us ensure no family goes hungry during the Seder or any other time of year.

The Jewish Family Service Food Pantry needs the following items:

Canned tuna, peanut butter, jelly, breakfast bars, microwavable soups, cereal, oatmeal, canned soups, pasta, macaroni & cheese, canned beans, canned stews, canned tomatoes, applesauce, spices, crackers, rice, salad dressing, mayo, ketchup, mustard, spices.

For more info on the Food pantry, contact [Elaine Strokoff](#) at 717-233-1681.

[Learn More](#)

[Visit our Website](#)

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717-233-1681 | [info@jfsfshbg.org](mailto:info@jfsfshbg.org)

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