

Community Resources

Squirrel Hill Food Pantry (412) 421-2708

Serves all individuals and families in zip code area 15217 who qualify for food assistance, as well as those outside zip code area 15217 who require kosher food.

Jewish Assistance Fund (412) 521-3237

Provides immediate financial assistance to those in need of food, clothing, shelter, medical care, and Jewish education.

Hebrew Free Loan Association (412) 422-8868

Provides 0% interest loans to those in need for education, adoptions, health care, vehicles, businesses, and emergencies.

SOS Pittsburgh* (412) 422-7200

Connects individuals and families to resources in the community to help them through a crisis situation.

Career Development Center* (412) 422-5627

Provides job search assistance for unemployed and under-employed individuals. If you have been laid off, you may qualify for free services under the CDC's dislocated worker.

Critical Needs Outreach* (412) 422-7200

Helps individuals and families who don't know where to turn. Social workers can direct you to resources, either within JF&CS or through other agencies or government programs.

Senior Care Coordination* (412) 420-4000

Provides needs assessment and services to frail seniors by JF&CS's geriatric care managers.

Squirrel Hill Psychological Services* (412) 521-3800

Helps individuals and families cope with challenges. Licensed psychotherapists help people with a variety of personal problems.

Squirrel Hill Health Center (412) 422-7442

Brings primary and preventive health care to everyone in the community, regardless of insurance status, income, cultural background, language, disability or age. They provide medical and behavioral health care, and case management.

* JF&CS program.

Services provided on a sliding fee scale, based on ability to pay.

As always, our rabbis are here to offer assistance. To reach the rabbinic offices, call: (412) 621-6566 x122 or x140.

Economic Impact Series

Rodef Shalom Congregation is partnering with Jewish Family & Children's Service's Career Development Center to bring our community three relevant sessions. Light food and beverages will be served. Participants will receive a packet of helpful resources. There is no cost, but registration is requested. Please call JoAnn at (412) 621-6566.

Back to Work
Thursday, January 29
Noon – 2:00 p.m.

For adults re-entering the job market after a layoff, early retirement, or hiatus. This session will explore the steps those seeking to get back in the workforce need to take and some of the issues associated with re-entry, including the importance of a comprehensive job search campaign, developing persuasive resumes, and more.

Toolkit for
Uncertain Times
Sunday, February 15
9:45 – 11:30 a.m.

This session will focus on the stress and issues facing workers in today's adverse economy and will provide tools and guidance for handling the stress and positioning yourself to be prepared during this economic downturn.

So Now I Have to
Work Until I'm 100!
Thursday, March 19
6:00 – 8:00 p.m.

For "mature" workers whose plans for retirement may have been put on hold. This session will focus on helping participants understand how to best address those things under their control and best manage those that are not.