Mental Health Jewish Spiritual Support Group

A safe and supportive place for those with mental health challenges and their loved ones.

Are you or a loved one experiencing difficulties with mental health? Are you searching for meaning? Support? Compassion? Community? We aim to:

• Build a safe and compassionate space
• Learn from Jewish teachings and one another
• Offer connection and community

CO-FACILITATED BY:

Rabbi Sandra Cohen  Gitit Kaufman, LPC

Meetings will be held virtually on Zoom from 7:00-8:30 p.m. Open to ALL affiliated and unaffiliated members of the Jewish community.

UPCOMING MEETINGS:

January 4  April 4
February 8  May 2
March 7  June 6

Please register using the QR code or contact Erica Baruch at ebaruch@jewishfamilyservice.org for more information.