

Circles of Support

High Holy Days Self-Reflection



Some of us have or are part of strong Circles of Support—family, friends, community members, service providers—who offer help when needed. Others, particularly those with disabilities, may not. Entering a new year gives us a chance to reflect: What support would we like for ourselves? What support can we offer or seek within our Jewish community?

Identifying the Support You Need

Personal Support

- In what areas of your life do you feel you need the most support (e.g., emotional, mental, physical)?
- Are there specific challenges or obstacles you are currently facing that would benefit from extra support or accommodations?
- What would support look like for you?

Social and Community Support

- What support have you received from your Jewish community in the past that helped you? What additional support, outreach, or connections might help you?
- What community resources or support groups might help address your needs?

Identifying the Support You Can Offer Others

Offering support can often be as beneficial as receiving support. However, people with disabilities and caregivers frequently hesitate to ask for support and struggle to get the support they need. Consider ways you might provide support to individuals with disabilities, caregivers, and others.

Personal Support

- In what ways can you provide emotional, mental, or physical support to those around you?
- Are there practical ways you can assist others with their daily needs?
- How can you offer encouragement or motivation to those who might be struggling?

Social and Community Support

- In what ways have you offered support to others in the past? How might you extend your efforts?
- How can you help others feel more connected or included in social activities in your Jewish community?

We all need additional support at times. If you are seeking support, consider:

- Reaching out to clergy or the office at your Jewish organization
- Learning more about JFS Jewish Disabilities Advocates Support Groups
 - Mental Health Jewish Spiritual Support Group
 - Chronic Health Conditions Support Group



For more information about the support groups above contact Erica Baruch at ebaruch@jewishfamilyservice.org or scan the QR code.

