

# 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

SUPPORTED BY:



## Partner Organizations



CONGREGATION  
**BONAI SHALOM**  
קהילת בני שולם



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](mailto:ebaruch@jewishfamilyservice.org) for more information.



We seek to foster connection as we find meaning in our shared Jewish experience and pathways for moving forward.