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## Jewish Services in Your Community September 2023

### **Welcome to Jewish Community Services' monthly newsletter!**

As the summer months draw to a close, we find ourselves at the threshold of a profoundly meaningful time in the Jewish calendar – the High Holidays. These days are marked by reflection, renewal, and reconnection, as we come together to celebrate traditions that have spanned generations. Please see the Upcoming Events section below for our High Holiday programs.

As a reminder, please be in touch should you notice any trends or needs in your communities, as we would be delighted to collaborate on ways to support you.

**Wishing you and yours a Shana Tova: a happy, healthy, and sweet new year!**

If you would like to learn more about our services or to make a referral, please reach out to us at [JCSsupport@jbfcs.org](mailto:JCSsupport@jbfcs.org).

Best,  
Abigail Freeman  
Community Outreach Coordinator  
[Afreeman@jbfcs.org](mailto:Afreeman@jbfcs.org)



## HIGHLIGHTS

### Spiritual Day

On Sunday, August 27, JCS Recovery and JACS (Jewish Alcoholics and Chemically-dependent persons and Significant others) hosted a beautiful Pre-High Holiday Spiritual Day at the East Midwood Jewish Center.



It was a wonderful event. Those in attendance enjoyed hearing from keynote presenter, Rabbi Stephanie Dickstein who spoke about Teshuva: A Time for Turning and Returning, shared what was on their minds as they prepare for the High Holiday in several “themed” meetings, and ate some delicious food!

For more information on JCS Recovery and JACS, [please visit our website](#).



## Hibuki Therapy Training

Hibuki, which translates as "my hug" from Hebrew, is a stuffed therapeutic toy, created in Israel in 2006 to help children cope with trauma during the Second Lebanon War. During the war in Ukraine, Hibuki therapy, developed by educational psychologist Dafna Sharon-Maksimov, has helped over 20,000 children manage persistent trauma



The Jewish Board has taken the lead in providing crisis support and mental health treatment to children and families impacted by the war in Ukraine. In partnership with Hebrew Public Charter School, and thanks to a grant by the UJA-Federation of New York, 40 mental health professionals, including 12 from The Jewish Board, participated in a Hibuki therapy training led by Dafna. This therapy modality, which is now debuting in the US, will provide additional critical interventions to many children in the South Brooklyn area.

[Click here to read more about this partnership.](#)

## Big Brother Big Sister Program

The Jewish Board's Big Brother Big Sister Program is dedicated to supporting youth (ages 10-16) in the Jewish community who could benefit from an additional positive adult role model (ages 18+) in their life.

For more information, to refer a little, or to apply as a big, please email [bbbs@jbfc.org](mailto:bbbs@jbfc.org), call 718-501-8162, or [complete our online interest form](#).



## UPCOMING PROGRAMS

### Rosh Hashanah Bereavement Program

Join us on Tuesday, September 12 at 5:30 pm for ***The Healing Shofar***, a Rosh Hashanah Holiday Bereavement Program, a virtual pre-High Holiday program in partnership with the Marlene Meyerson JCC in Manhattan.

Come together with others who are grieving the loss of a loved one as Rabbis Miriam Herscher and Adam Huttel explore ways of finding meaning and comfort through the themes of the High Holidays, especially renewal and return.

[Click here for more information and to register.](#)



### Words of Wisdom – Rosh Hashanah!

*Wednesday, September 13, 2:00 pm on Zoom*

The High Holidays are a time of reflection, repentance, and celebration, but it can also be a period where many experience anxiety and loss. Join Rabbi Adam Huttel to learn about the wellness tools you can use to promote mental health, well-being, and resilience during Rosh Hashanah.

[Click here for more information and to register.](#)



# ONGOING SUPPORT GROUPS

## Bereavement Groups

We currently have bereavement groups for:

- Loss of a Spouse/Partner
- Loss of a Parent
- Loss of a Sibling
- Loss of an Adult Child
- Living with Loss

For more information or to make a referral, please contact [bereavementsupport@jbfcs.org](mailto:bereavementsupport@jbfcs.org) or 212-632-4608.



## Lev Initiative: Domestic Violence Support Groups

Our domestic violence program, Lev, has two private, discreet support groups:

- **Support Group:** Jewish women who are survivors of abusive relationships, looking to join a community of healing.
- **Skills Group:** Jewish women who are in high-conflict relationships who are seeking support in building resiliency and skills.

Groups will meet for 12–15 weeks in Brooklyn, with a remote option if needed, and are facilitated by community-sensitive Licensed Mental Health Professionals.

For more information or to make a referral, please contact [Lev@jbfcs.org](mailto:Lev@jbfcs.org) or 646-273-1800.

## Recovery Groups

We have a number of ongoing support groups for people looking for support in their recovery:

- **Supporting the Pathways: Loved Ones in Recovery:** for those with a loved one struggling with addiction.
- **Food for Thought: Nourishing Recovery:** focusing on wellness and health surrounding restrictive or compulsive eating and irregular or inflexible eating patterns.
- **Virtual 12-Step Meeting** (JACS meeting)

For more information or to make a referral, please contact [JCSsupport@jbfcs.org](mailto:JCSsupport@jbfcs.org) or 212-632-4790.



## SPECIALTY SUPPORT GROUPS

**Breast Cancer Support Group:** for Jewish women directly impacted by breast cancer; this program is provided in partnership with Sharsheret

**Caring for Caregivers:** for those caring for a friend or loved one with an illness.

For more information or to make a referral, please contact [JCSsupport@jbfcs.org](mailto:JCSsupport@jbfcs.org) or 212-632-4790.

## About Jewish Community Services

**Jewish Community Services (JCS)**, a program within The Jewish Board's Jewish Services division, integrates mental and behavioral health services with spirituality, combining the richness of Jewish traditions with social work practices. JCS provides a wide range of clinical and concrete support services to vulnerable individuals and families in NY and within the Jewish community across all denominations of Jewish faith.

For further information about our services or to make a referral, please reach out to us at [JCSsupport@jbfcs.org](mailto:JCSsupport@jbfcs.org).

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