

JFS



Ferd & Gladys Alpert
Jewish Family Service
of Palm Beach County

Virtual Support Groups

Understanding the depth of pain, loss and trauma that so many of us are experiencing, and the need for a safe space to process together.

Registration required.
Zoom Link will be provided upon registration.

WEDNESDAYS 12:00PM

Support group open to the greater community.

FACILIATED BY:

Alpert JFS Licensed Mental Health Professionals

REGISTER:

<https://tinyurl.com/AJFSCommunitySupport>

FRIDAYS 1:00PM

Support group for employees who work in Jewish organizations.

FACILIATED BY:

Elaine Rotenberg, Ph.D.
Chief Clinical and Impact Officer
and
Iris Kiner, Psy.D.
Behavioral Health Program Director

REGISTER:

<https://tinyurl.com/ProfessionalSupportGroup>

Weekly Support Groups

Providing a safe and non-judgmental space ✓

Discuss and exchange coping strategies and techniques to manage stress, anxiety, and emotional challenges ✓

Facilitate a discussion where participants can share any concerns, questions, or topics ✓

Discuss the importance of setting healthy boundaries between personal and professional life during times of crisis ✓

**For questions, please
contact 561-684-1991.**



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