



# Virtual Support Groups:

## JFS is Here For You!

### BEREAVEMENT GROUP

**Mondays at 3:00 p.m. | Wednesdays at 11:00 a.m.**  
*(Adults at all stages of bereavement are welcome - Facilitated by Elissa Love, MSW)*

Zoom Link:

<https://zoom.us/j/93217633986?pwd=TmtDcVJudlpweTBOZVpyNUNOOTH1UT09>

Meeting ID: 932 1763 3986

Password: 040407

### CANCER SUPPORT GROUP

*(in Partnership with Bnai Torah Congregation)*  
**Every other Tuesday at (9/1, 9/15, 9/29) 7:00 p.m.**  
*"A group for cancer patients and survivors to gain support and share experiences." - Facilitated by Ariel Mantzoor, MSW*

Zoom Link:

<https://zoom.us/j/92699157661>

Meeting ID: 926 9915 7661

### CAREGIVER SUPPORT GROUP

**Thursdays | 10:30 a.m.**  
*(for adult caregivers - Facilitated by Ariel Mantzoor, MSW)*

Zoom Link:

<https://zoom.us/j/622457557>

Meeting ID: 622 457 557

### MINDFULNESS, MENTAL HEALTH AND RESILIENCE

*(Facilitated by the JFS Community Outreach Department)*  
**Mondays at 7:30 p.m.**

Zoom Link:

<https://zoom.us/j/99315696805?pwd=RjdoRVh-malQreWJYZHNJSnJCeW9iZz09>

Meeting ID: 993 1569 6805

Passcode: 362733

### WOMEN'S EMPOWERMENT & SUPPORT GROUP

**Thursdays | 6:00 p.m.**  
*(Due to sensitivity of the group, contact, Lorrie Conglose, Dir. JFS Domestic Abuse Education & Action, for more information: 561.852.3356 or LorrieC@ralejfs.org.)*



JFS Special Needs Groups are in partnership with JAFCO and Levis JCC Helene & Roy Schwedelson Special Needs Department

### SPECIAL NEEDS PARENT CAREGIVER SUPPORT GROUP (DAYTIME)

**Tuesdays | 10:00 a.m.**

Zoom Link: <https://us02web.zoom.us/j/84448387829>,

Meeting ID: 844 4838 7829 Password: 745549

### SPECIAL NEEDS GRANDPARENT SUPPORT GROUP

**Wednesdays | 11:00 am**

Zoom Link: <https://us02web.zoom.us/j/88945859619>

Meeting ID: 889 4585 9619 Password: 952283

### SPECIAL NEEDS PARENT CAREGIVER SUPPORT GROUP (EVENING)

**Every Other Wednesday (9/2, 9/16, 9/30) at 6:30 p.m.**

Zoom Link: <https://us02web.zoom.us/j/95612412078>

Meeting ID: 956 1241 2078 Password: 658329

IF YOU OR SOMEONE YOU KNOW NEEDS ASSISTANCE, REACH OUT TO JFS TODAY.

Call: 561.852.3333 | Email: [info@ralesjfs.org](mailto:info@ralesjfs.org)

Visit: [ralesjfs.org](http://ralesjfs.org)



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