

A Guide to CJE's
Support and Therapy Groups



Spring & Summer 2016



PARKINSON'S CAREGIVERS

Emotional support, information and coping strategies for caregivers of someone with Parkinson's. Led by Nina Afremow, L.C.S.W.

3rd Wednesday of the month.

Noon–1 p.m. Free.

Weinberg Community for Senior Living
1551 Lake Cook Road, Deerfield

Call to confirm dates: 847.236.7853.

FAMILY CAREGIVERS OF ADULT DAY SERVICES-NORTH CLIENTS

Emotional support, information and coping strategies for family caregivers of ADS-North participants. Led by Emily Mysel, L.C.S.W., Nina Afremow, L.C.S.W. and Jaclyn Abramson, L.P.C., R.-D.M.T.

2nd Tuesday of the month.

2–3 p.m. Free.

Weinberg Community for Senior Living
1551 Lake Cook Road, Deerfield

Call to confirm dates: 847.236.7826.

FAMILY CAREGIVERS

Emotional support, information and coping strategies for all caregivers. Led by Dina Danieli, M.S.W.

2nd Tuesday of every month.

3:15–4:30 p.m. Free.

CJE SeniorLife Adult Day Services
1015 West Howard Street, Evanston

Registration required: 847.556.8410.

MAKING CONNECTIONS: SENIORS WITH ADULT CHILDREN WITH DISABILITIES

Connect, share experiences and learn about benefits and community resources. Led by Mariana Sanchez, L.C.S.W.

1st and 3rd Tuesday of the month.

11 a.m.–12:15 p.m. Free.

CJE SeniorLife

3003 West Touhy Avenue, Chicago

Registration required: 773.508.1106.

LIVING LIFE THROUGH LOSS

A bereavement support group. Led by David Rosenblatt, L.C.S.W. Sponsored by CJE SeniorLife and Jewish Healing Network.

Wednesdays. 1–2 p.m.

\$5 donation per session.

CJE SeniorLife

3003 West Touhy Avenue, Chicago

Registration required: 773.508.1129.

COPING WITH THE CHALLENGES OF AGING

An eight-week Cognitive Behavioral Therapy (CBT) group designed to help members change patterns of thinking in order to feel better. Led by Lisa A. Brinkerhoff, L.C.S.W.

Wednesdays 11 a.m.–12:30 p.m.

June 15 to August 3, 2016

CJE Seniorlife

3003 West Touhy Avenue, Chicago

Participation requires advance screening and evaluation to be billable to Medicare and other insurance. Call 773.508.1690.



RUSSIAN TEA TIME: CHICAGO

An ongoing conversation group for Russian-speaking Holocaust survivors. Led by Irina Nizhnik and Roza Trogub, Holocaust Community Services.

**2nd and 4th Tuesday of the month.
3–4:30 p.m. Free.**

CJE SeniorLife

3003 West Touhy Avenue, Chicago

Call to confirm dates: 773.508.1069.

RUSSIAN TEA TIME: NORTHWEST SUBURBS

This group is currently full and closed to new members. Support group for Russian-speaking Holocaust survivors. Led by Maya Gumirov, L.P.C., N.C.C., Holocaust Community Services and Irina Polishchuk, Resource Specialist, Russian Programs.

**2nd and 4th Fridays of the month.
10 a.m.–12 p.m. Free.**

Wheeling Pavilion Senior Center
199 North First Street, Wheeling

For more information:

773.508.1004 or 773.428.3058.

CARING CONVERSATIONS

A support group for family caregivers of Holocaust survivors. Led by Yonit Hoffman, Ph.D. and Amy Loterstein, L.C.S.W., Holocaust Community Services.

**1st and 3rd Wednesdays of the month.
4–5:15 p.m. Free.**

CJE SeniorLife

3003 West Touhy Avenue, Chicago

Call to confirm dates: 773.508.1004.

COFFEE & CONVERSATION

A support group for Holocaust survivors. Led by Yonit Hoffman, Ph.D., Holocaust Community Services and Barbara Urbanska-Yeager, Jewish Child and Family Services.

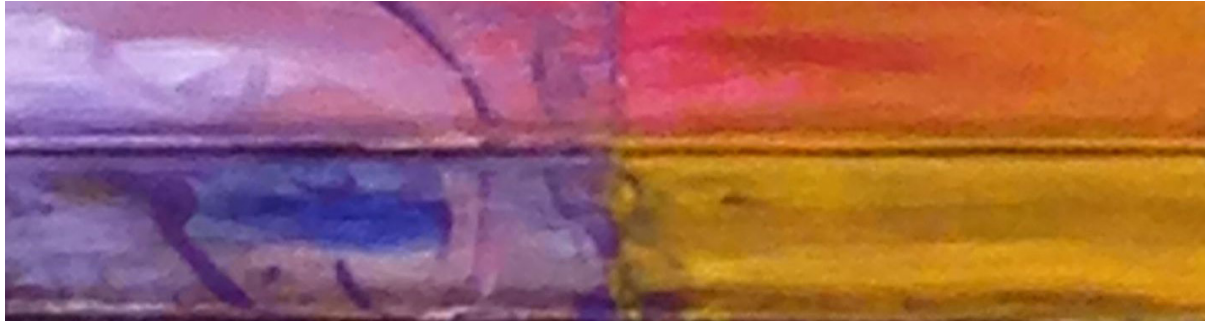
Mondays. 1:30–3 p.m. Free.

Illinois Holocaust Museum
and Education Center

9603 Woods Drive, Skokie

Call to confirm dates: 773.508.1004.





The CJE Advantage

Our support groups are a service of CJE SeniorLife, a nonprofit, innovative eldercare provider and service organization that serves 23,000 older adults and family members annually through life enrichment, supportive resources, healthcare, research and education. Participants can access CJE's 40-plus services and programs for a seamless continuum of care. These include:

Life Enrichment and Wellness Programs, Adult Day Services, Assisted Living and Memory Care, Short-Term Rehabilitation and Long-Term Care, Hospice, Parkinson's Expertise, Counseling, Clinical Care Management, Consumer Assistance, Kosher Food Services, Transportation, Personal Care and Home Safety.

