

Insights on Aging

Finding Resilience and Light in Dark Times

COMMUNITY EDUCATION PROGRAM

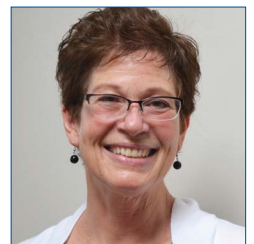
Presenters

Rabbi Michelle Stern

Rabbi/Chaplain, CJE SeniorLife

Rosann Corcoran, LCSW

Manager, CJE Counseling Services



This program will connect the theme of resilience to Chanukah and the holiday season. It will focus on techniques that can increase one's ability to tolerate stress, regulate emotions and focus on our strengths, even during these long dark days of December when it feels most challenging to find the light in our situation. Rabbi Stern will start our program with words of wisdom and join in the conversation as we look for guidance on how to not only survive but thrive in this adversity.

Date Monday, December 14, 2020 • 11:30 am–12:30 pm CST

Location Zoom Virtual Meeting with video and telephone dial-in options

Registration Required

[Click here to register.](#)

Cost Free

For more information contact Rosann Corcoran at rosann.corcoran@cje.net or 773.508.1694.

CJE Counseling Services offers a full range of older adult behavioral health services. This includes individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support, all presently available via telehealth.



THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

CJE COUNSELING SERVICES | 3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife strives to enhance the lives of older adults regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity or national origin. CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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