

A Guide to CJE's  
**Support and Therapy Groups**



Fall 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.**

### **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.**

**August 10 to September 28, 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.**

### **FAMILY CAREGIVERS—DEERFIELD**

Emotional support, information and coping strategies for family caregivers of ADS-North participants and other caregivers in the community. 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—EVANSTON**

Emotional support, information and coping strategies for all caregivers. Led by Barbara Sarasin, 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: 847.492.1400.**

### **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.**

*(note: in October dates will be 10/5 and 10/19)*

**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.**



## 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 or  
773.508.1105.**

## RUSSIAN TEA TIME: BUFFALO GROVE

Support group for Russian-speaking Holocaust survivors. Led by Vera Rodriguez and Maya Gumirov.

**1st and 3rd Wednesdays of the month.  
2–3:30 p.m.**

135 North Arlington Heights Road, Ste 104,  
Buffalo Grove

**For more information:**

**773.508.1149 or 224.625.2708**

## RUSSIAN TEA TIME: WHEELING

*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.**

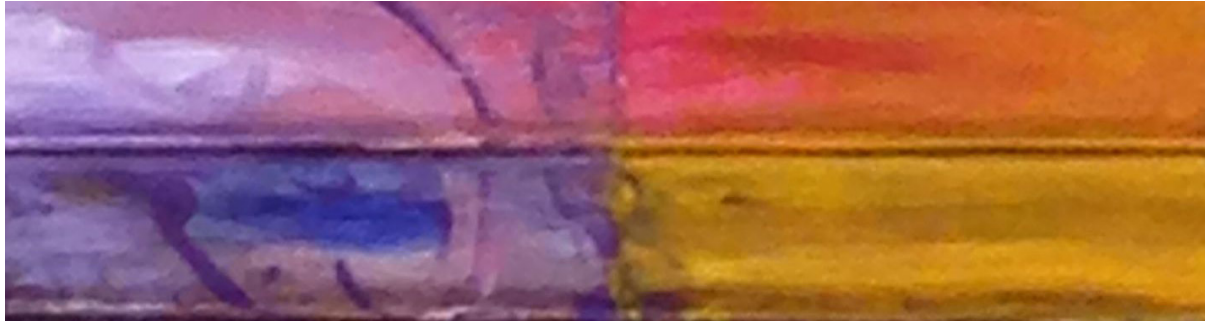
Illinois Holocaust Museum

and Education Center

9603 Woods Drive, Skokie

**Call to confirm dates: 773.508.1004.**





## The CJE Advantage

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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.

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