

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

CJE's Support Groups are not currently meeting in person, but most instead are offered virtually, by either Zoom or conference call. Please contact the group leader for additional information and the Zoom link or dial-in information. Visit [cje.net/counseling](http://cje.net/counseling) for the latest information on our support and therapy groups.

### FAMILY CAREGIVERS

Support group for all family members who are providing care for someone with dementia. Led by Jaclyn Abramson, MA, LCPC, BC-DMT.

**1st Thursday of every month. 4–5 pm. Free.**

Virtual Meeting

**Registration required: 847.236.7826 or [jaclyn.abramson@cje.net](mailto:jaclyn.abramson@cje.net).**

### 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 Chloe Gremaud, LCSW.

**Call for session dates.**

Virtual Meeting

**Participation requires advance screening and evaluation to be billable to Medicare and other insurance. Call 773.508.1698.**

### MAKING CONNECTIONS: SENIORS WITH ADULT CHILDREN WITH DISABILITIES

Connect, share experiences and learn about benefits and community resources. Led by Mariana Sanchez, LCSW.

**1st and 3rd Tuesday of the month.**

**11 am–12:15 pm. Free.**

Virtual Meeting

**Registration required: 773.508.1106.**

### LIVING LIFE THROUGH LOSS

A bereavement support group. Led by Chloe Gremaud, LCSW. Sponsored by CJE SeniorLife and JCFS Chicago.

**1st and 3rd Wednesdays of each month. 1–2 pm.**

Virtual Meeting

**Registration required: 773.508.4742.**

### RUSSIAN TEA TIME: CHICAGO

*This group is currently full and closed to new members.* An ongoing conversation group for Russian-speaking Holocaust survivors. Led by Anna Dominov, LCSW and Alla Bondarenko.

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

Virtual Meeting

**For more information: 773.508.1105.**

### RUSSIAN TEA TIME: CHICAGO

A second Chicago-based conversation group for Russian-speaking Holocaust survivors. Led by Kseniia Asefa, LPC and Vera Rodriguez Mancera, LPC.

**First Tuesday of the month. 10–11:30 am. Free.**

Virtual Meeting

**Registration required: 773.508.1144.**

## Support and Therapy Groups continued

### RUSSIAN TEA TIME MUSIC GROUP

Join us to talk about music or sing, meet new friends, and have fun! Led by Natalya Bouinyi and Era Friedman.

**Every other Friday. Noon–1:30 pm. Free.**

Virtual meeting

**Registration required: 773.508.1329.**

### RUSSIAN TEA TIME: BUFFALO GROVE

*This group is currently full and closed to new members.* Support group for Russian-speaking Holocaust survivors. Led by Vera Rodriguez Mancera, LPC and Maya Gumirov, LPC, NCC.

**1st and 3rd Wednesday of the month.**

**2:30–3:30 pm. Free.**

Virtual Meeting

**For more information:**

**773.508.1149 or 224.625.2708.**

### RUSSIAN TEA TIME: SKOKIE

Support group for Russian-speaking Holocaust survivors. Led by Maya Gumirov, LPC, NCC and Anna Klein.

**Every other Monday. 11 am–12:30 pm. Free.**

Virtual Meeting

**Registration required: 773.508.1016.**

### 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, LPC, NCC, Holocaust Community Services and Irina Polishchuk.

**2nd and 4th Fridays of the month. 10 am–Noon.**

**Free.**

Virtual Meeting

**For more information:**

**773.508.1004 or 773.428.3058.**

### COFFEE & CONVERSATION

A support group for Holocaust survivors. Led by Yonit Hoffman, PhD, and John Wickham, LSW, Holocaust Community Services.

**Mondays. 1:30–3 pm. Free.**

Virtual Meeting

**Call to confirm dates: 773.508.1004.**

### CARING CONVERSATIONS

A support group for family caregivers of Holocaust survivors. Led by Yonit Hoffman, PhD and Anna Dominov, LCSW, Holocaust Community Services.

**1st Wednesday of the month. 4–5:30 pm. Free.**

Virtual Meeting

**Call to confirm dates: 773.508.1004.**

### CARING CONVERSATIONS.

A support group for family members caring for aging Holocaust survivors. Led by Maya Gumirov, LPC, and John Wickham, LSW.

**3rd Wednesday of the month. 6–7 pm. Free.**

Virtual meeting

**Registration required: 773.508.1315 or 773.508.1016.**

### RUSSIAN TEA TIME—

#### UNIPER VIRTUAL SUPPORT GROUP

A virtual conversation group for Russian-speaking Holocaust survivors to discuss the challenges of aging and wellness strategies.

Leah Rosenberg & Vera Rodriguez Mancera, LPC

**1st and 3rd Friday of the month, 11 am–Noon.**

**Free.**

**Please call to confirm dates: 773.508.1149**

