



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

Spring & Summer 2019

## ADULT CHILDREN OF PARENTS WITH EARLY ONSET DEMENTIA

Support group for adult children who have parents with a diagnosis of early-onset Alzheimer's disease, Parkinson's disease or related dementias. Led by Marci Balonick, LCSW.

**1st Tuesday of every month.**

**7–8:30 pm. Free**

Weinberg Community for Senior Living  
1551 Lake Cook Road, Deerfield

**Registration required: Marci Balonick at 847.236.7864 or marci.balonick@cje.net**

## PARKINSON'S CAREGIVERS

Emotional support, information and coping strategies for caregivers of someone with Parkinson's. Led by Jaclyn Abramson, MA, LCPC, BC-DMT.

**3rd Wednesday of the month.**

**Noon–1 pm. Free.**

Weinberg Community for Senior Living  
1551 Lake Cook Road, Deerfield

**Call to confirm dates: Jaclyn Abramson at 847.236.7826 or 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 Lisa A. Brinkerhoff, LCSW.

**New sessions of this group are now in formation. Call for session dates.**

**Wednesdays, 11 am–12:30 pm.**

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 all family caregivers in the community and family caregivers of ADS—Deerfield participants. Led by Jaclyn Abramson, MA, LCPC, BC-DMT.

**2nd Tuesday of the month.**

**2–3 pm. 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 family caregivers in the community and family caregivers of ADS—Evanston participants. Led by Nancy Rakowsky.

**2nd Tuesday of every month.**

**3:15–4:30 pm. 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, LCSW.

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

**11 am.–12:15 pm. Free.**

CJE SeniorLife

3003 West Touhy Avenue, Chicago

**Registration required: 773.508.1106.**



### LIVING LIFE THROUGH LOSS—CHICAGO

A bereavement support group. Led by Lisa Andrews, LCSW. Sponsored by CJE SeniorLife and Jewish Healing Network.

**Wednesdays. 1–2 pm.**

**\$5 donation per session.**

CJE SeniorLife

3003 West Touhy Avenue, Chicago

**Registration required: 773.508.4742.**

### LIVING LIFE THROUGH LOSS—DEERFIELD

A bereavement support group. Led by David Rosenblatt, LCSW. Sponsored by CJE SeniorLife and Jewish Healing Network.

**Wednesdays. 3–4 pm.**

**\$5 donation per session.**

Weinberg Community for Senior Living

1551 Lake Cook Road, Deerfield

**Registration required: 773.508.1129.**

### 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 Roza Trogub, Holocaust Community Services.

**2nd and 4th Tuesday of the month.**

**3–4:30 pm. Free.**

CJE SeniorLife

3003 West Touhy Avenue, Chicago

**For more information: 773.508.1105.**

### 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, MA and Maya Gumirov, LPC, NCC.

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

**2–3:30 pm. Free.**

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, LPC, NCC, Holocaust Community Services and Irina Polishchuk, Resource Specialist, Russian Programs.

**2nd and 4th Fridays of the month.**

**10 am–12 pm. Free.**

Wheeling Park District

333 West Dundee Road, 2<sup>nd</sup> floor, Wheeling

**For more information:**

**773.508.1004 or 773.428.3058.**

### RUSSIAN TEA TIME: SPECIAL TOPICS

A conversation group for Russian-speaking Holocaust survivors which addresses the special topic of loss. Led by Kseniia Asefa, LPC and Vera Rodriguez Mancera, MA.

**New sessions of this group are now in formation and new members are welcome to join. Call for session dates. Free.**

CJE SeniorLife

3003 West Touhy Avenue, Chicago

**Registration required: 773.508.1144 or  
773.508.1149.**



## COFFEE & CONVERSATION

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

**Mondays. 1:30–3 pm. Free.**

Illinois Holocaust Museum  
and Education Center  
9603 Woods Drive, Skokie

**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, LSW, Holocaust Community Services.

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

**4–5:30 p.m. Free.**

CJE SeniorLife  
3003 West Touhy Avenue, Chicago

**Call to confirm dates: 773.508.1004.**

## MY STORY

A testimonial writing program for Holocaust survivors. Led by Maya Gumirov, LPC, NCC, and Anna Dominov, LSW, Holocaust Community Services.

**New sessions of this group are now in formation. Call for session dates.**

Holocaust Community Services at JCFS  
135 North Arlington Heights Road, Suite 104  
Buffalo Grove

**Registration required: 224.625.2708 or  
773.508.1164**

## NEW! RUSSIAN TEA TIME: SKOKIE

Support group for Russian-speaking Holocaust survivors. Led by Maya Gumirov, LPC, NCC, and Mariya Shmuylo, LCSW.

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

Illinois Holocaust Museum  
and Education Center  
9603 Woods Drive, Skokie, IL 60077

**Registration required: 773.508.1016 or  
773.508.1097.**

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THE CJE ADVANTAGE: CJE's unique and seamless continuum of care provides older adults, caregivers and family members of all ages, faiths and income levels with life enrichment opportunities, supportive resources and healthcare—all delivered by experts in the field of aging. Our commitment to our Jewish values has made us the provider of choice for enhancing people's lives, promoting positive aging and navigating the aging process.

