



A Guide to CJE's
Support and Therapy Groups

Fall 2020

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.

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.

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 Lisa Andrews, LCSW. Sponsored by CJE SeniorLife and JCFS Chicago.

Wednesdays. 1–2 pm.

Virtual Meeting

Registration required: 773.508.4742.

BUILDING CAREGIVER RESILIENCE

A therapeutic support group for caregivers 60+ to share thoughts and feelings about caregiving, enhance coping strategies, and process their experiences with one another in a supportive environment. Led by Lisa Andrews, LCSW.

1st and 3rd Mondays of the month. 11:30 am–12:30 pm. Free.

Virtual Meeting

Participation requires advance screening and evaluation to be billable to Medicare and other insurance. Call 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 Roza Trogub, Holocaust Community Services.

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 am–11:30 am. Free.

Virtual Meeting

Registration required: 773.508.1144.

RUSSIAN TEA TIME MUSIC GROUP.

Join us to talk about music or sing, meet new friends, and have fun!

2nd and 4th Friday of the month. Noon–1:30 pm. Free.

Virtual meeting

Registration required: Natalya Bouinyi at 773.508.1329 or Alla Bondarenko at alla.bondarenko@cje.net.

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 Tuesday of the month.

2–3:30 pm. Free.

Virtual Meeting

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.

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, 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, LSW, Holocaust Community Services.

1st Wednesday of the month. 4–5:30 p.m.

Free.

Virtual Meeting

Call to confirm dates: 773.508.1004.

RUSSIAN TEA TIME: SKOKIE

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

Every other Monday. 11 am–12:30 pm.

Free.

Virtual Meeting

Registration required: 773.508.1016.

CARING CONVERSATIONS.

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

2nd and 4th Wednesdays of the month.

6–7 pm. Free.

Virtual meeting

Registration required: 773.508.1315 or 773.508.1016.

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.

