



A Guide to CJE's
Support and Therapy Groups

Winter 2018-2019

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, L.C.S.W.

1st Tuesday of every month.

7–8:30 p.m. 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, L.C.P.C., R.-D.M.T.

3rd Wednesday of the month.

Noon–1 p.m. 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, L.C.S.W.

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

Wednesdays at CJE SeniorLife
3003 West Touhy Avenue, Chicago

Fridays at Weinberg Community
1551 Lake Cook Road, Deerfield

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, L.C.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 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 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.

11 a.m.–12:15 p.m. 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, 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: 773.508.4742.

LIVING LIFE THROUGH LOSS—DEERFIELD

A bereavement support group. Led by David Rosenblatt, L.C.S.W. Sponsored by CJE SeniorLife and Jewish Healing Network.

Wednesdays. 3–4 p.m.

\$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 p.m. 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 and Maya Gumirov.

1st and 3rd Wednesdays of the month.

2–3:30 p.m. 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, 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 Park District

333 West Dundee Road, 2nd 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 and Vera Rodriguez Mancera.

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

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, 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.

CARING CONVERSATIONS

A support group for family caregivers of Holocaust survivors. Led by Yonit Hoffman, Ph.D. and Anna Dominov, L.S.W., 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, L.P.C., N.C.C., and Anna Dominov, L.S.W., 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**

The CJE Advantage

Our support and therapy groups are a service of CJE SeniorLife, a nonprofit, innovative eldercare provider and service organization that serves 20,000 older adults and family members annually through life enrichment, supportive resources, healthcare, research and education. Participants can access CJE's 35-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 Care, Parkinson's Expertise, Individual Counseling, Clinical Care Management, Consumer Assistance, Kosher Food Services, Respite and Home Safety.

