

# A Guide to CJE's Support and Therapy Groups

CJE's support and therapy groups are designed to improve the mental health and emotional well-being of older adults in a compassionate setting of peers with the guidance of our professional clinicians. Visit [cje.net/counseling](http://cje.net/counseling) for the latest information on our support and therapy groups.

## CARE PARTNERS SUPPORT GROUP

Support group for all family members who are providing care for someone with dementia. Led by Carrie Cutler, MSW, LCSW and Catherine Miller, BC-DMT, LCPC.

**1st Thursday of each month at 4–5 pm CT &  
3rd Thursday of each month at 10–11 am CT.**  
Free.

Virtual Meeting

Registration required: 847.236.7826 or [carrie.cutler@cje.net](mailto:carrie.cutler@cje.net).

## AGING TOGETHER

A support group for older adults who find themselves aging alone. Led by Kate Maley, AM, LCSW.

**2nd and 4th Wednesday of each month.  
3–4 pm CT. Free.**

Virtual Meeting

Participation requires advance screening. Call 773.508.1327.

## MAKING CONNECTIONS: SENIORS WITH ADULT CHILDREN WITH DISABILITIES

Connect, share experiences and learn about benefits and community resources. Led by Kate Maley, AM, LCSW.

**1st and 3rd Wednesday of the month.  
10–11 am CT. Free.**

Virtual Meeting

Registration required: 773.508.1327.

## LIVING LIFE THROUGH LOSS

A bereavement support group. Led by Jamie Farrell, LCSW and Lindsay Somberg, LSW. Sponsored by CJE SeniorLife and JCFS Chicago.

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

Virtual Meeting

Registration required: 773.508.1707.

## ADULT DAY SERVICES CARE PARTNER SUPPORT GROUP

A support group for ADS Evanston care partners only. Led by Jordyn Cohen, LCSW.

**Fourth Monday of every month.  
1:30–2:30 pm**

Virtual Meeting

Registration Required: [Jordyn.Cohen@cje.net](mailto:Jordyn.Cohen@cje.net) or 773.508.1000.

## BUILDING CAREGIVER RESILIENCE

This 8-week series is designed to address issues impacting emotional well-being for caregivers.

Led by Lisa Andrews, LCSW.

**Thursdays 10:30–11:30am**

Virtual Meeting

For more information: 773.508.4742

## STRATEGIES AND SUPPORT FOR MANAGING CHRONIC PAIN

Learn proven strategies to interrupt the cycle of pain and reclaim the ability to engage in activities that matter to you. Led by Peter Tsurkis, LCSW and Carolyn Woodruff.

**Mondays, 11 am–12:15 pm CT**

Virtual Meeting

Participation requires advance screening. Call 773.508.1041.

## Support and Therapy Groups continued

### 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.

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

**3–4:30 pm CT. Free.**

Virtual Meeting

**For more information: 773.508.1164.**

### 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 CT. Free.**

Virtual meeting

**Registration required: 773.508.1329.**

### 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 CT. 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 CT. Free.**

Virtual Meeting

**For more information:**

**773.508.1004 or 773.428.3058.**

### RUSSIAN TEA TIME: WHEELING

A second Wheeling based Support group for Russian-speaking Holocaust survivors. Led by Maya Gumirov, LPC, NCC and Vera Rodriguez Mancera, LPC.

**1st Friday & 3rd Wednesday of the month, virtual.**

**10–11 am CT.**

**Registration required: 773.508.1016.**

### COFFEE & CONVERSATION

A support group for Holocaust survivors. Led by Yonit Hoffman, PhD, and Iliana Vayman, MEd, Holocaust Community Services.

**Mondays. 1–2:30 pm CT. Free.**

Alternating in-person and virtual.

**Call to confirm dates and location: 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 CT. Free.**

Virtual Meeting

**Call to confirm dates: 773.508.1004.**