

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 for the latest information on our support and therapy groups. *All times listed are Central Time.*

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 virtual.
3rd Thursday of each month at 10–11 am virtual & in-person.
Free.

Registration required: 847.236.7826 or carrie.cutler@cje.net.

AGING TOGETHER

A support group for older adults who find themselves aging alone. This group is on break and will resume in the fall. Led by Rachel Falk, LCSW and Jade Shepard, LSW.

2nd and 4th Tuesday of each month.
11am–Noon. Free.

Virtual Meeting

Participation requires advance screening.
Call 773.508.1152.

MAKING CONNECTIONS: SENIORS WITH ADULT CHILDREN WITH DISABILITIES

Connect, share experiences and learn about benefits and community resources.

Free.

Virtual Meeting

New group in formation. Please contact Linkages Supervisor, Lisa Andrews, for more information: 773.508.1327.

LIVING LIFE THROUGH LOSS

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

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

Virtual Meeting

Registration required: 773.508.1105.

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 or 773.508.1000.

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.

Mondays, 11 am–12:15 pm

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. Free.

Virtual & In-person 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 Monday. 1–2:30 pm. 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. 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 Vera Rodriguez Mancera, LCPC and Sofia Dekhtyar, MSW.

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

2:30 pm.

Registration required: 773.508.1149.

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. 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. Free.

Virtual Meeting

Call to confirm dates: 773.508.1004.

cje SeniorLife

Jewish values for positive aging



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.



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