

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 living with dementia and/or Parkinson's disease. Led by Carrie Cutler, MSW, LCSW.

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. Led by Jade Shepard, LSW and Andrea Weiss, MSW.

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

Virtual Meeting

Participation requires advanced screening.
Call 773.508.1000.

LIVING LIFE THROUGH LOSS

A bereavement support group. Led by Shayna Jensky, LSW and Jamie Lee, LSW. Sponsored by CJE SeniorLife and JCFS Chicago.

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

Virtual Meeting

Registration required: 773.508.1000.

ADULT DAY SERVICES CARE PARTNER SUPPORT GROUP

A support group for ADS Evanston care partners only. Led by ADS Evanston clinical staff .

2nd and 4th Monday of every month.
1–2:30 pm. Free.

Virtual Meeting

Registration Required: ADSHoward@cje.net or 847.492.1400.

LINKAGES SUPPORT GROUP

For older adults who have adult children with disabilities of any kind, including intellectual, physical, or mental health. Led by Rachel Brodsky, MA and Kate Kiser, MSW.

Starting January 2026, 1st and 3rd Tuesday of each month. 1-2pm. Free.

In-person

Registration required: rachel.brodsky@cje.net or 773.508.1168.

continued ➔

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: 773.508.1004 or 773.508.1164.

RUSSIAN TEA TIME MUSIC & SUPPORT GROUP

Join us to talk about music, sing, meet new friends, and support one another. Led by Natalya Bouinyi and Era Friedman.

Every other Monday. 1–2:30 pm. Free.

Virtual meeting

Registration required: 773.508.1004 or 773.508.1329.

RUSSIAN TEA TIME: SKOKIE

Open to new members. Support group for Russian-speaking Holocaust survivors. Led by Maya Gumirov, LPC, NCC and Anna Klein.

Every other Monday. 11 am–Noon. Free.

Virtual Meeting

Registration required: 773.508.1004 or 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, and Irina Polishchuk.

2nd and 4th Fridays of the month.

10–11:30 am. Free. In-person.

For more information:

773.508.1004 or 773.508.1016.

RUSSIAN TEA TIME: WHEELING

Open to new participants. A second Wheeling based Support group for Russian-speaking Holocaust survivors. Led by Vera Rodriguez Mancera, LCPC and Silviya Wright.

1st & 3rd Wednesday of the month.

3–4 pm.

Virtual Meeting

Registration required: 773.508.1004 or 773.508.1149.

COFFEE & CONVERSATION

Open to new members. 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.

HCS VIRTUAL BOOK CLUB

Open to new members. Group members read Russian and World Literature authors and share their thoughts and feelings.

1st & 3rd Wednesday of each month. 2–3 pm.

Participation requires advanced screening and registration. Please call 773.508.1004 or the group leaders Olesya Yakhina at 773.508.4460 or Leah Rosenberg at 773.508.1127.

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.



973.3.2026