

Finding Comfort and Support: A Jewish Bereavement Group

Coping with the loss of a love one has no set time frame. There are moments when we are managing as best we can in the new normalcy of life, and then there are moments when we continue to struggle.

Holidays, life-cycle events and familiar locales may return us to memories which both fill us with joy and are bittersweet as well.

A bereavement group offers an opportunity to reflect with others who can understand our struggles in a way that individuals who have not suffered the loss of a love one cannot.

Like a way station on a long journey, a time-bound bereavement group of three sessions, provides some time to reflect, offers us the comfort with fellow travelers and gives us a chance to renew our inner strength as we travel on.

If a bereavement support group might be of help to you, please know that you are welcome to come to either or both of these groups:

At Congregation B'nai Jacob (75 Rimmon Road, Woodbridge)
Mondays - January 23, 30 and February 6 (6:30 - 8:00 p.m.)

At Congregation Beth Shalom Rodfe Zedek (55 East King's Highway, Chester)
Mondays - March 19, 26 and April 2 (7:00 - 8:30 p.m.)

The groups will be facilitated by Rabbi Hesch Sommer, D.Min., Coordinator of Pastoral Care, Pastoral Counseling and Community Outreach Service for Jewish Family Service of New Haven under the auspices of The Jewish Wellness and Healing Center and in partnership with Congregation B'nai Jacob and Congregation Beth Shalom Rodfe Zedek. These groups are supported by the Jewish Federation of Greater New Haven and its Shoreline affiliate.

For more information, please contact either Rabbi Joel Levenson (203-389-2111);
Rabbi Rachel Goldenberg (860-526-8920) or
Rabbi Hesch Sommer (203-389-5599 ext. 117)