

## Looking Ahead: A Two Session Workshop For Women Following Breast Cancer Treatment - June 17 & 24, 2010



When a woman is first diagnosed with breast cancer, her world turns upside down. She is fighting for her life. The fear and chaos she is feeling can be overwhelming. The period of time after treatment is often when a woman feels the need to re-focus her energies and come to understand how to move on in her healing journey. Prayer, connecting with other survivors and focusing on the future will be the focus of a new, innovative program offered by Jewish Family Service of New Haven. What is the new normal of a woman's life after treatment for breast cancer? Please join us for moments of:

- **Prayer: affirming the message of thankfulness through prayers**
- **Study: exploring Jewish sacred texts which offer insights into healing and recovery**
- **Dialogue: sharing with others our hopes and fears**
- **Meditation: creating in a safe environment the chance for private reflection and introspection**

Using our Jewish tradition as a vehicle of support and hope, you are invited to join Rabbi Hesch Sommer, Coordinator of Pastoral Care and Counseling, and Amy Rashba, LCSW, both of Jewish Family Service in New Haven for these sessions of caring and concern.

The workshops will meet at JFS, 1440 Whalley Ave., New Haven on Thursday evenings, June 17 & 24 from 6:30-8:00pm. For more information, please contact either **Rabbi Sommer**, ext. 117 or **Amy Rashba**, ext.113 at JFS (203) 389-5599. These workshops are offered at no charge and are made possible by Jewish Family Service of New Haven with the support of the Jewish Federation of Greater New Haven

### Special Education Advocacy Services to the Jewish Community

JFS of New Haven now offers special education advocacy services to the Jewish community. Families with children involved in an Individualized Education Program (IEP) may seek assistance from JFS for their children. Amy Rashba, LCSW, JFS special education advocate, will also review the child's IEP and offer the family assistance in securing necessary services. Ms. Rashba, who has worked at JFS for over 20 years in all areas of social work, has specialized expertise in the area of special education advocacy. Please call **Amy Rashba**, LCSW, 203-389-5599 ext. 113 for more information.

### Synagogue Support Program Encourages Interfaith Couples to Share Their Concerns

Beth Israel Synagogue in Wallingford and Jewish Family Service of New Haven will sponsor an open forum for area interfaith couples to share their concerns and needs as they work to create a Jewish home environment and actively participate in synagogue life. The program's format will begin with a panel discussion in which interfaith couples who are members of Beth Israel Synagogue will talk about particular needs and identity issues regarding child rearing, holidays and family synagogue involvement. There will be an opportunity for dialogue with all who attend.

The program will be held at Beth Israel Synagogue, 22 North Orchard St. in Wallingford on June 9 at 7pm. It will be facilitated by Rabbi Hesch Sommer, D. Min., Coordinator of Pastoral Care and Counseling Services for Jewish Family Service of New Haven.

The program hopes to offer interfaith couples a unique opportunity to open a dialogue within the synagogue setting exploring the specific challenges and concerns interfaith families face on a variety of subjects, including synagogue participation, childrearing, adult education and lifecycles. In addition, participants will have an opportunity to join a support group - facilitated by Rabbi Sommer - that will continue the dialogue begun at the June 9 program. Both the program and the support group are free to all who are interested. The program and support group are made possible through the support of Jewish Family Service and the Jewish Federation of Greater New Haven. For more information, contact either **Beth Israel Synagogue** (203-269-5983) or **Rabbi Hesch Sommer** at Jewish Family Service 203-389-5599, ext. 117.

## Summer Workshop on Loss and Mourning

Congregation Beth Shalom Rodfe Zedek and Jewish Family Service of New Haven will be partnering



to provide a summer workshop and possible support group for those who are facing issues of loss and mourning. Beginning in either late July or early August, **Rabbi Hesch Sommer**, Coordinator of Pastoral Care and Counseling for JFS, will lead a workshop and meet with individuals who might be interested in a limited time support group to cope with the loss of a loved one as we approach the High Holy Days. The workshop will take place at Congregation Beth Shalom Rodfe Zedek at 55 East King's Highway in Chester. For more information, please contact either the congregation (860-526-8920) or **JFS (203-389-5599, ext.117)**.

### JFS Announces July 2010 Infant Homestudy Group

Jewish Family Service is conducting a homestudy group for people interested in infant adoption. The group will be held on Thursdays, July 8, 15, 22 and 29th from 6:30-8:30 p.m. at the JFS offices, 1440 Whalley Avenue, New Haven. Interested families must attend all sessions and prior registration is required. Some of the topics this group will address will include:

- How adoption is the same/different from parenting by birth
- What the adoption experience is like for birth parents
- Coping with adoption and the child's cultural background
- How to help children understand adoption and feel good about their heritage
- How to handle the technical details of different types of adoption

Home study courses are offered by JFS periodically throughout the year for families interested in adopting infants and younger children. This group helps families prepare to be parents and to decide what types of adoption to pursue. If you are interested in learning more about the infant adoption process, please contact **Amy Rashba** at (203) 389-5599 ext. 113. Families of all ethnic and religious backgrounds are welcome.

**ADOPTING CHOICES**

Visit our  
Adoption Website at  
[www.adoptingchoices.org](http://www.adoptingchoices.org)

To subscribe to Spotlight on JFS, please send email to [shagan@jfsnh.org](mailto:shagan@jfsnh.org).

