

Help and Healing Meditation Group

Jewish Meditation Practice for Difficult times

Please join us for a 5-week Jewish meditation group for support in difficult times in life--such as bereavement, addiction, illness and other experiences of loss, fear and pain. We will learn a compassion/*chesed* meditation, turning to Jewish wisdom as we live in the midst of challenge. No prior meditation experience, Jewish observance, or Hebrew fluency is required. A commitment to daily 20-minute meditation practice for the five weeks is requested.

Date: Five Wednesdays:
Oct 31, Nov 7, 14, 21, 28

Time: 11 am – 12 pm

Place JCFS Elaine Kersten Center
255 Revere Drive, Northbrook

Fee: No fee

Register by October 24

Contact: Beth Fishman, PhD

Phone: 847-745-5422

Email: Bethfishman@jcfs.org



One-stop, toll-free access for help. Call 855-ASK-JCFS (855- 275-5237), email ask@jcfs.org or visit jcfs.org.

JHNC is administered by Jewish Child & Family Services in collaboration with CJE SeniorLife, the Chicago Board of Rabbis & Jewish United Fund/Jewish Federation. JCFS is a partner in serving our community, supported by the Jewish United Fund/Jewish Federation.

