

JEWISH WOMEN'S SUPPORT GROUP



About the Group

This group offers a warm and affirming space for Jewish women to share, reflect, and find strength in community. Together we create a circle where every story matters. Sessions may include sharing personal experiences, discussing challenges such as antisemitism or isolation, celebrating Jewish holidays and life cycles, and supporting one another through everyday joys and struggles. Mindfulness and gentle ritual elements are woven in to foster resilience, deepen self-understanding, and cultivate a sense of belonging. Our aim is to create not just dialogue but connection, where shared understanding and mutual support can nurture healing and personal growth.

Group Details

When: Biweekly 70-minute sessions (day and time TBA)

Where: In person or virtual, TBA

Size: Small group (6–8 participants) to encourage meaningful conversation

Cost: Sliding Scale- \$5-\$20

Commitment: Participants are encouraged to attend regularly to build trust, continuity, and a supportive group culture

Confidentiality: All discussions remain private and confidential within the group

Accessibility: Open to Jewish women of all backgrounds and levels of observance; accommodations available for participants with accessibility needs

What We Offer

- A caring circle to share life experiences, joys, and struggles
- Mindfulness and self-care practices rooted in Jewish and universal wisdom
- Support for navigating family, community, and work-life challenges
- Opportunities to build lasting friendships and strengthen Jewish community ties

Facilitator

Led by a licensed marriage and family therapist familiar with Jewish traditions, values, and community life.



To Learn More or Schedule:

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