

SUPPORTING WELLNESS AT EVERY STAGE

**Mental Health Services Offered by
Jewish Family Services of Silicon Valley**



What's Available:

- Individual therapy for youth, adults, and families
- Movement, mindfulness, and art therapy groups for kids
- Group therapy for adults (grief and loss, life transitions, stress reduction)

Where:

- Jewish Family Services of Silicon Valley, Los Gatos



Our Services Help Support:

- Emotional well-being and resilience
- Healthy coping and self-regulation skills
- Stronger family connection and communication
- Confidence, focus, and inner calm for kids and teens
- A sense of belonging and support for adults in transition

Jewish Family Services of Silicon Valley now offers onsite mental health support for youth, adults, older adults and families, designed to meet the emotional needs of our diverse community. Our services are trauma-informed, culturally responsive, and tailored to support individuals across the lifespan.

Whether navigating stress, grief, identity development, or family transitions, our licensed therapist offers a safe and compassionate space to heal and grow.



All services are offered in a warm, welcoming environment with a focus on empowerment, compassion, and holistic care.



To Learn More or Schedule:

Contact: Lisa Noon, LMFT

Email: lisan@jfssv.org | Phone: 669-240-8978

This program is offered free of charge. For those who are able, a suggested donation of \$15 helps keep this program free and accessible for all.