



Jewish Family Services of Silicon Valley

JFS@Chai House Support Groups



Rabbi Barney Brickner

Led by

Fern Adamkowski, ASW

&

Rabbi Barney Brickner



Fern Adamkowski

Bereavement Support Group

A support group for people struggling with grief and loss.

This is a six-week closed group that will meet on *Tuesdays at 2:00 PM*.

Starting April 13th

Coming Up for Air

A support group for people who want to talk about the challenges of living through a Pandemic.

This an ongoing open group that meets *once a month*.

Please register in advance by letting Sumi or Caroline know you want to participate in this group or email Rabbi Brickner at barneyb@jfssv.org.

Until we can meet in person, we will meet virtually through Zoom.

We will send a Zoom invitation in advance of our first meeting to all who wish to attend.