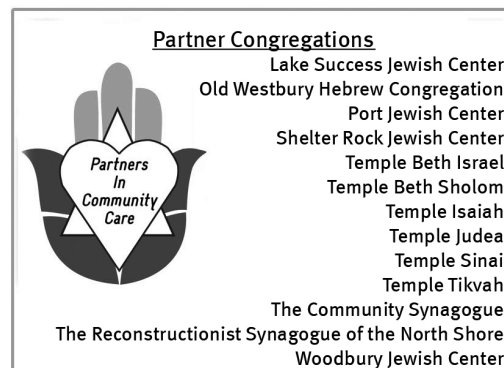


הנגו Partners in Community Care (PICC) At Shelter Rock Jewish Center

Need Help? Facing a challenge?

Call PICC warmline at 516-484-1545 x196

When You Need Us - We're Here for You



Partners in Community Care (PICC) is a UJA-Federation of NY-funded, collaborative alliance of 13 local area synagogues and Sid Jacobson JCC. Through PICC, members of our community synagogues who may be faced with critical emotional challenges in their lives have direct and immediate access to the finest professional, supportive care on Long Island, rendered in a uniquely compassionate and thorough manner. Our staff of social workers serve as both direct service providers and as valued advisors to our partnership synagogues' professional staff including the Rabbis, Education Directors and Youth Directors. PICC has conceived, planned and implemented a wide variety of support groups, community-wide educational programs and programs in partner synagogues.

PICC offers Shelter Rock Jewish Center families:

- Individual and Family Counseling
- Support Groups
- Information and Referral Services
- Community-Wide and Synagogue Specific Programs

A sample of PICC programs in the community over the last year:

The Caring Conference - Best practices in our Jewish community

Beyond Tears: Living After the Loss of a Child - Interactive panel discussion by nine mothers who wrote the book (October 2008)

PICC Caring Community Conference - A conference for PICC-affiliated synagogues to share the best practices and help build a more caring North Shore Jewish community (October 2008)

Empty Chair at the Seder — *Facing the Holidays after a Loss* with Rabbi Irwin Zeplovitz from the Community Synagogue

The Law Squad— Teen Rights, Responsibilities and Consequences

Potty Politics Parenting Workshop

Career Workshop Series offered by F.E.G.S. Career Employment Services

How to Raise a Child with Soul - presentation by author Slovie Wolf



Support Groups

Call the Warmline at 516-484-1545 x196

Life is not always joyful, not always easy. Partners in Community Care knows that. We live, we love, we lose. But we also care, console and comfort. That's the Shelter Rock Jewish Center. That's PICC. Through all of the critical transitions in your life, our commitment is constant: Hinenu: We are here for you.

Please reach out when you or a loved one is in need of any of the many supportive services we offer both at the JCC and in our local community. The following groups are currently running or assessing potential participants. All support groups run for eight (8) weeks and are held at the JCC. All require a brief telephone assessment to determine proper placement. Individual, short-term counseling is available for those awaiting group placements. All support groups are facilitated by a member of our caring, experienced PICC social work family. Groups are small, intimate, age- and life-stage appropriate. **Fee \$120 / PICC Synagogue and JCC members \$80**

Recent Bereavement

For those who have lost a spouse or partner and are in the grieving process.

Monday, 10:30am

Tuesday, 6:30pm

Wednesday, 6:30pm

Next Step Bereavement

A small, intimate support group for those who have lost a partner and have already attended a support group for the newly bereaved.

Tuesday, 6:30pm

Recent Separation/Divorce

For those who are recently separated or divorced, this group allows for participants to explore feelings of anger, anxiety and loss.

Tuesday, 8:00pm

Wednesday, 8:00pm

Next Step Separation/Divorce

A small, intimate support group for those who have already attended a support group for the newly separated/divorced.

Tuesday, 8:00pm

Caregiver

Weekly support group for those who are feeling overwhelmed and over-extended by the demands of caring for family, career, parents and loved ones.

Tuesday, 11:00am

Tuesday, 8:00pm

Cancer Wellness – Strength-to-Strength

Fitness and discussion group geared to the specific needs of individuals recovering from cancer treatment or actively engaged in a treatment regimen. Caregivers are welcome too. Open to the entire community thanks to a generous donation from the Beth C. Tortolani Foundation.

Monday 12:30pm

Friday 12:30pm

Individual and Family Short-term Counseling

We offer professional, confidential short-term counseling for individuals, youth, teens, adults, seniors and families.

Fee FREE intake, \$65 per session thereafter / members* FREE intake and complimentary follow-up session, \$25 per session thereafter

New! Over Coffee – Parlour Meetings

Invite a small group of friends, family, co-workers and their children for a program at your home, school, synagogue or office. Choose a theme or work with our social-work team to develop a program to meet your specific needs. Free to PICC synagogue and JCC families!

Contact the PICC Warmline for more information x196.

PFLAG-LI Support Group at the JCC www.pflagli.org

Join with other Parents, Friends & Family Members of Gays and Lesbians on Long Island for support, education and advocacy. Meetings, held at the JCC, are FREE, confidential and open to all.

Sunday, 2:00pm

Gamblers Anonymous (GA) and GamAnon Groups at the JCC

Has your recreational gambling become a compulsive habit? Would you like help determining if you or a family member has "a problem" or to learn how to help those you love conquer their own addictions? Come to the JCC for support and education about compulsive gambling.

Wednesday, 7:30pm

FREE to all. Walk-ins welcome!

** For all PICC programs and services, the fee for "members" includes JCC members and members of PICC-affiliated synagogues.*

New and different support groups starting regularly. Call for information.