

**JFCS GROUPS**



**Healing Together**

**FOR MORE INFORMATION CONTACT**

Laura Conklin, MSW Intern  
(Supervised by Debbie Freeman, MFT MC 20893)

**Call to register (562) 427-7916**

Web site: [www.jfcslongbeach.org](http://www.jfcslongbeach.org)  
Email: [jfcs@jfcslongbeach.org](mailto:jfcs@jfcslongbeach.org)

Alpert Jewish Community Center  
3801 E. Willow Street  
Long Beach, CA 90815

**Healing Together**

**Healing Together for Women  
Building Healthy Relationships**

**Living with abuse can leave someone feeling isolated, alone and powerless. "Healing Together" is an opportunity to share our experiences and to grow with others in a safe and caring environment.**

Topics include:  
How Did I Get Here?  
Holding on the Hope  
Taking Care of Me  
Setting Boundaries  
Making Our Dreams Come True  
Healthy parenting

Thursday  
7:00 PM to 8:30 PM

Sliding scale available

We all have times when we struggle with the challenges of life. At JFCS we understand the pressures of coping with a wide range of issues and conflicts. It is our goal to be your place in the community to turn to for help. For over 50 years JFCS has had a tradition of providing compassionate, professional and affordable individual, family and group services in a trusting, reassuring and healing atmosphere.

**Our Mission**

Jewish Family and Children’s Service of Greater Long Beach/West Orange County is a non-profit agency that provides a wide range of professional counseling and support services to assist all individuals regardless of religion, race, ethnicity, disability or sexual orientation in facing life’s challenges.