



# JFCS

Serving the  
entire community

## JFCS GROUPS



### Woman's Therapy Group

#### FOR MORE INFORMATION CONTACT

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

Web site: [www.jfcslongbeach.org](http://www.jfcslongbeach.org)

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

## Woman's Therapy

### Woman's Therapy Group

Career ▪ Life Roles § Loss

Family Issues ▪ Relationships

Interact with Others in a Safe Environment  
Learn How the Past Influences the Present  
Discover New Ways to Achieve Closeness

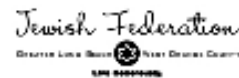
This unique group is led by experienced counselors and provides a safe, confidential environment for women to explore complex feelings and get supportive feedback from other women. It's an ideal adjunct for those already in individual counseling and also effective for those not currently in therapy.

Tuesdays, 6:30 – 8:00 PM  
Beginning February 5, 2010  
\$15 a session  
Sliding scale available



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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 mission 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.