



Jewish Federation of Howard County Support Groups

Starting in January 2024, we once again invite our community to join us for a new series of Federation Support Group sessions. There are four new support groups being formed for the community: a **Spousal Loss Support Group**, a **Parent Loss Support Group**, an **Adult Child Loss Support Group**, and a **Caregivers Support Group**. Please see below for the specific dates and times.

Registration required by December 31, 2023 to participate in Winter 2024 Sessions.

The Jewish Federation of Howard County's support groups are co-facilitated by JFHC Social Services Manager, **Lakisha Audain, LCSW-C**, and **Dr. Barry Frieman, Ed. D., Professor Emeritus Towson University**. The groups will focus on helping participants navigate their emotions in a small group discussion environment.

The following groups will meet on Tuesdays:

January 9, 16, 23, 30

February 6, 13, 20, 27

Caregivers Support Group

1:00-2:00pm

Remote

Zoom Link will be given upon registration

Spousal Loss Support Group

3:00-4:00pm

In person

**Jewish Federation of Howard County
10630 Little Patuxent Pkwy, Suite 400**

Parent Loss Support Group

4:30-5:30pm

In person

**Jewish Federation of Howard County
10630 Little Patuxent Pkwy, Suite 400**

The following group will meet on Wednesdays:

January 10, 17, 24, 31

February 7, 14, 21, 28

Adult Child Loss Support Group

6:00-7:00pm

In person

**Jewish Federation of Howard County
10630 Little Patuxent Pkwy, Suite 400**

These groups are **free** and open to the community, in partnership with Sol Levinson & Bros. Advance registration is required. **Please contact the Federation Social Services Manager, Lakisha Audain, at 410-921-2812, or LAudain@JewishHowardCounty.org.**

Email Lakisha Audain to register

This program is made possible by a grant from Sol Levinson & Bros. and from the financial support of the community members who contribute to the Jewish Federation of Howard County Annual Campaign.

The mission of the JFHC Social Services Division is to maintain and enhance well-being of individuals and families in our local community by offering a range of short-term services, including limited emergency financial assistance, rooted in the Jewish values of compassion, respect, and dignity in care. By leveraging high-quality professional staff and an engaged volunteer corps, we can provide a safe, welcoming, and confidential environment for individuals and families to learn about and receive help accessing services catered to their emotional, physical, and/or spiritual health in the Jewish tradition.