

We could all use a little extra support right now

**Join us for peer-led
Support Circles
Thursdays
May 1, 8 & 22
1:30–3:00 pm
at Temple Beth Elohim**

Circles of Connection uses an evidence-based model to gather as a small group to help us feel seen, heard, and supported as we process the stress and anxiety of our challenging world.

[Click here to learn more & register](#)

Circles of Connection is a partnership between JF&CS, JCC Greater Boston, and GPS Group Peer Support. It is made possible through grant funding from Combined Jewish Philanthropies, the Beker Foundation, and the Ruderman Family Foundation.



JF&CS

Jewish Family & Children's Service provides a wide range of services to address the mental health and wellness needs of the Boston Jewish community, including support and clinical expertise to the facilitators of Circles of Connection groups. For more information on JF&CS mental health services, please visit jfcsboston.org/mentalhealth.