

Mental Health Workshops

As community leaders, you have an important role in fostering caring communities that are equipped to address mental health issues and support a population with diverse mental health needs. JF&CS has a long history of supporting the emotional and mental health of our community by helping people build a strong foundation for resilience and well-being across the lifespan. We offer educational workshops on a variety of mental health issues, including:

Mental Wellness

- Fostering wellness and building resiliency
- Jewish wisdom for self-care
- Tips and techniques for helping neighbors who are struggling
- Preventing and mitigate social isolation
- LGBTQ+ inclusion

Responding to Challenges

- Supporting domestic abuse survivors in your community
- Suicide prevention and intervention
- Trauma exposure and trauma response: caring for yourself and others
- Coping with loss in our communities

Families with Young Children

- Navigating parenting challenges and the impact on mental health
- Impacts of substance use on families

Older Adults

- Building dementia friendly communities
- The experience of aging and its impact on mental health
- Wisdom for growing older

Workshops typically run 1-1.5 hours and are offered virtually or in person for \$250/hour.

If you are interested in scheduling a workshop or learning more, please contact Cara Presley, our Director of Mental Health, at cpresley@jfcsboston.org or 781-693-1235.

The JF&CS Access Team is available to help all community members find the help, answers, and resources they need to support their own or a loved one's mental health.