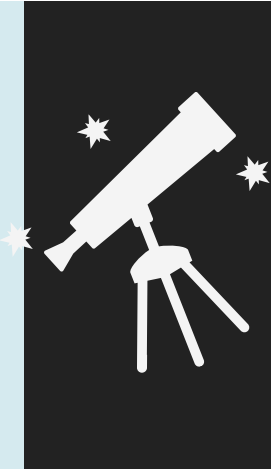


JFS Older Adult Virtual Support Series

A program of Jewish Family Services of Western New York

These sessions are designed for older adults to connect and share experiences, support each other and learn effective coping strategies. These sessions are offered at no-cost and are open to the public.

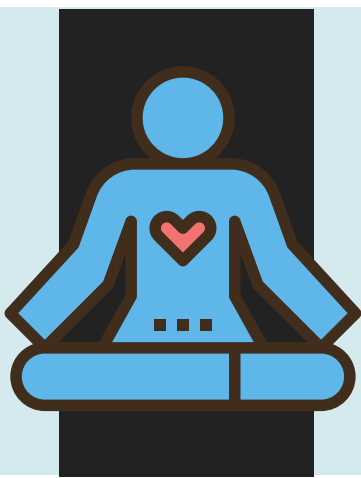
Sessions will be held Wednesdays on Zoom from 2:30-3:30 PM.



MAY 5TH

Exploring and sharing community resources

Learn about and share with each other valuable resources that may be beneficial at this time



MAY 12TH

Tips and Tools

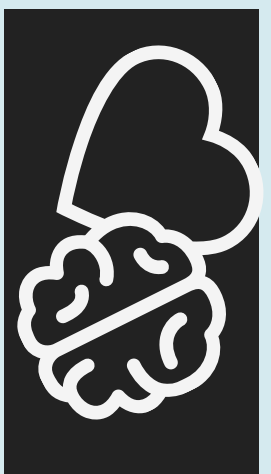
Learn how to cope with stress, worry and fear during the pandemic



MAY 19TH

Ambiguous Loss

Recognize this type of loss and how to cope more effectively



MAY 26TH

Healthy Habits & Mind/Body Connection

Understanding the interplay between our physical and mental health and how to deal with stress



To RSVP or learn more about the sessions, please contact JFS at 716.883.1914 or email Groups@JFSBuffalo.org.

You may register for all sessions or pick and choose which topics suits your needs best! Learn more at jfsbuffalo.org.

