

# Monthly Grief Support Group

At

Adath Shalom Synagogue



For Those Who Have Lost a Loved One

**The support group meets the 4<sup>th</sup> Thursday of each month\***

(\*except for holidays - please check website to confirm dates)

**Start the group in any month**

Heal through Grief

Connect with Others

Monthly Discussions

January Topic: How Grief Effects Your Health

**Thursday, January 25, 2018**

**7:15pm – 8:45pm**

**No Charge and Open to the Public**

**Group Leaders:**

Grief Counselor: Eileen Appelbaum

Rabbi Moshe Rudin

Social Work Services Coordinator: Carol Berman

841 Mountain Way, Morris Plains, NJ 07950

To RSVP or for more information:

Contact Carol Berman

973.539.8549 x108 or [cberman@adathshalom.net](mailto:cberman@adathshalom.net)

The Adath Shalom Synagogue Social Worker is a Synagogue Coalition Partnership Project of Adath Shalom, JFS MetroWest, and the Jewish Federation of Greater MetroWest