

HEALING THROUGH THE SEASONS MOURNING A LOVED ONE LOST TO OVERDOSE

Grieving can be disorienting and isolating, and the death of a loved one to overdose can be particularly challenging.

Let's gather virtually on **Tuesday, December 14, 2021 at 7 PM CST** for a program of Jewish wisdom, meditation, and music with support from bereavement and addiction specialists. Two Jewish leaders will also share their personal grief journey of loss due to overdose, illuminating paths to healing. The evening will include setting intentions, wisdom from a grief educator, a community member reflecting on supportive steps to move through the early months of grief, and some music for healing and restoring health.

Upon completion of our formal program at 8:00pm, participants are invited to stay online for a brief period of additional support if needed.

This event is free of charge. **Register today to receive the Zoom link to the program.**
jcfs.formstack.com/forms/healing_through_seasons

For more information contact Diane Halivni | DianeHalivni@JCFS.org | 847.745.5459

Gabrielle Leon Spatt



Gabrielle (Gabby) Leon Spatt joined the staff of The Blue Dove Foundation in April 2019 after personal tragedy led her to volunteer with the Atlanta-based non-profit. Blue Dove Foundation focuses on mental health and substance abuse education in the Jewish community.

Beth Fishman



Beth Fishman, Ph.D. is the Program Manager of Addiction Services at JCFS Chicago. She teaches Jewish spiritual practices to support addiction recovery and helps the Jewish community create safe, welcoming spaces for those at risk for addiction.

Nina Henry



Nina Henry, LCPC, CADC is the Addiction Specialist and Mental Health Educator at JCFS Chicago. She has been active in the substance use and mental health fields for over 30 years.

Cantor Scott Simon



Cantor Scott Simon, ACC, CA, RCC is enjoying his twenty-third year at Temple Chai, where his songs teach, inspire and heal hearts. He also leads classes in meditation and has been a source of support to hundreds of families dealing with suffering and loss.