

Social Support Group for Seniors

Wednesday, February 17 from 2 - 3 pm



Drop-in to connect and talk with others who are feeling the impacts of COVID-19.

JFS Social Worker Ariel Mantzoor will facilitate the conversations, provide resources, and discuss the importance of self-care.

There is no formal structure; you are invited to speak, listen, and learn.

For questions, please contact michele.scher@bnai-torah.org or arielm@ralesjfs.org

Join Zoom Meeting:

<https://us02web.zoom.us/j/89072600310?pwd=VU1keFRaek5ITnQ1NHZOeUx0YnIwdz09>

Meeting ID: 890 7260 0310

Passcode: r54WG4