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FOR IMMEDIATE RELEASE

JFCS partners with Pathways to host 'Renewing Life', an educational and emotional support group

MINNETONKA, MN, Feb. 16, 2017 –

Jewish Family and Children's Service of Minneapolis (JFCS) is partnering with Pathways, a Health Crisis Resource Center, to offer "Renewing Life," an educational and emotional support group for people experiencing life challenges and health crises.

Renewing Life will be held Wednesdays, May 3, through June 28, from 6-8:30 p.m. at JFCS (13100 Wayzata Blvd, Minnetonka). For more information, please visit tinyurl.com/JFCSpath or contact Betsy Michel at 612-251-3561 or betsymichel@me.com. There is no cost to participants, but contributions are always welcome.

Renewing Life is for people who are:

- Experiencing chronic disease or life-threatening illnesses
- A support person or caregiver of someone experiencing chronic disease or life-threatening illnesses

Renewing Life empowers participants to live authentically, view illness and life challenges as opportunities for growth, and discover and create a personal healing path. This proven curriculum has a focus on learning how to live the best possible life in the midst of challenges. It combines the strength of emotional support groups and educational information, offering a variety of healing techniques enabling participants to discover what helps them the most on their healing journey.

The mind-body-spirit connection is explored with a focus on what the latest research indicates on how to best support our body's own innate healing mechanisms. Some weekly themes include dealing with challenging relationships; discussing fears, including death and dying; finding life meaning; making life wishes; re-framing beliefs and more.

This program is made possible, in part, by funding from the Women's Endowment Fund, a designated fund of the Minneapolis Jewish Federation's Jewish Community Foundation.

About JFCS

Jewish Family and Children's Service of Minneapolis (JFCS), a non-profit located in Minnetonka, provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering and offer support in times of need.

For more information call 952-546-0616 or visit www.jfcsmpls.org.