Community Resources from Jewish Family & Children’s Service

JF&CS provides vital human services to help individuals and families successfully navigate transitions and overcome challenges. Our clients include new parents and their children; older adults and family caregivers; children and adults with disabilities; and people experiencing poverty, hunger, or domestic abuse.

**Parenting Support**
We help new parents build connections and confidence as they manage the challenges of caring for their baby. Learn more about our support groups, parent visiting programs, parent consultation programs, and so much more: bit.ly/JFCSCERS.

**Children with Special Needs**
Our respite and recreation programs support quality of life and strengthen relationships for families of children with special needs. We also help families navigate the special education system, ensuring that each child receives the services and supports to which they are entitled. For more information, contact us at 781-693-5640 or drn@jfcsboston.org.

**Healthy Aging**
JF&CS offers support groups, grief and bereavement services, programs for caregivers and more services to promote healthy aging. We provide full geriatric care management, support for individuals and families affected by Parkinson’s Disease, Alzheimers and related disorders, and assistance for adults to age well at home. Learn more: bit.ly/JFCSAging.

**Disability Services**
JF&CS offers supportive housing, employment coaching and other programs that build community and enhance independence for adults with autism spectrum disorder, developmental disabilities, and mental illness. Coaching, case management and social programming is customized. Contact Disability Resource Network at bit.ly/ServicesDRN, or 781-693-5640 or learn more at bit.ly/JFCSChai.

**Mental Health**
We support the emotional and mental health needs of the community, with expert guidance, specialized support groups, a self-paced virtual therapy program, and clinical case management. Whether someone needs short-term support during a life transition or challenging situation, or ongoing support to manage a chronic condition, JF&CS is here to help. Learn more: bit.ly/JFCSmentalhealth.

**Addressing Economic Insecurity**
Many in our community struggle to keep up with rent payments and often choose between paying bills or buying food. JF&CS provides a kosher food pantry, emergency financial assistance and legal services with respect, confidentiality, and compassion. Contact us by phone at 781-693-1388 or by email at info@jfcsboston.org. Learn more: bit.ly/JFCSCBNA.

**Domestic and Dating Abuse Support**
Domestic abuse is a Jewish issue. We provide those with controlling or abusive partners free, confidential, non-judgmental, culturally, and religiously sensitive services that include counseling, safety planning, and legal referrals. Learn more about our domestic abuse prevention programs, TeenSafe workshops and ways to access expert guidance: bit.ly/ServicesJTS.

**Volunteer Opportunities**
JF&CS offers many opportunities for families to engage in meaningful, age-appropriate volunteer work, and to develop a sense of social justice from an early age. Keep an eye on our volunteer pages for current and upcoming opportunities to spend quality time with your family in the service of others: bit.ly/JFCSVolunteer.