

# Mental Health Support at JF&CS

JF&CS is committed to helping individuals and families build a strong foundation for resilience and well-being across the lifespan. Supporting the emotional and mental health of our clients and families is an important part of this goal. When someone's mental health is a cause for concern, it may be difficult to know what to do and where to turn for assistance. 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.

## Support for Families with Young Children

- Weekly visits and support for parents who are adjusting to parenthood, isolated, or overwhelmed
- Support groups for parents of babies under one year old
- Therapeutic interventions for young children and parents impacted by trauma, postpartum depression or anxiety, perinatal mood disorders, and related stressors
- Consultations for parents with a child under the age of 3
- Support for substance-exposed newborns and their families

## Support for Families with School-Aged Children

- Hands-on assistance and advocacy, including special education advocacy, for parents with a child with mental health challenges
- Support group for children who have a sibling with special needs
- Consultations for parents with a child with a disability or mental health challenge

## Support for Meeting Basic Needs

Those who are struggling financially due to mental health challenges can turn to JF&CS for help in meeting their basic needs. Our agency may be able to provide free kosher groceries, emergency financial assistance, interest-free loans, help applying for public benefits, or pro bono legal services.

## Support for Community Organizations

JF&CS experts provide training and support to integrate knowledge and practice and meet the needs of professionals and public and private organizations working with infants, young children, and families; people with disabilities; and older adults.

**If you are interested in learning more about any of these services, or you are searching for support for other mental health-related needs, please contact Ginny DiMarco at 781-693-5640 or [drn@jfcscsboston.org](mailto:drn@jfcscsboston.org).**

## Support for Adults

- Individualized coaching and emotional support for adults with mental health challenges to build skills and connect with resources
- Support, planning, and advocacy for survivors of domestic abuse and those that care about them
- End-of-Life spiritual support for people facing terminal illness
- Social group and activities for adults living with chronic mental health challenges
- Weekly visits and support for isolated or vulnerable older adults to provide companionship and connection
- Support groups for adult children and care partners of individuals with dementia or Parkinson's disease
- Bereavement support groups for individuals who are experiencing grief and loss



*\*Please note that all visits, support groups, and consultations are being conducted virtually during the COVID-19 crisis.*