

WHO WE ARE

The purpose of Jewish Family Services (JFS) is to strengthen and preserve the quality of individual and family life within the Jewish community. JFS offers a comprehensive range of services that help people meet life's challenges. Guided by the Jewish values of communal responsibility and social justice, JFS is passionate in its commitment to serve all members of the community. These members include, but are not limited to, interfaith families, older adults and their families, and those among us who are not affiliated with other Jewish institutions. As an integral department of the Jewish Federation of Durham-Chapel Hill, JFS is dedicated to promoting the well-being of all those within the community who need support and service.

WHAT WE DO

JFS delivers high-quality, professional social services for adults and families through all stages of life. JFS strives to improve quality of life by providing affordable services and educational workshops that help foster the Jewish tradition of empowering people to care for themselves and each other.



Counseling and Support Groups

Case Management Services

Emergency Financial Assistance

Volunteer Programs

Programs for Seniors

Clinical Connections

Jewish Educational Loan Fund

Food Pantry

JEWISH FAMILY SERVICES

A department of the Jewish
Federation of Durham-
Chapel Hill

For more information, call 919-354-4936.

We need your help to support these
programs. To make a donation please
contact Carey Phelps at 919-354-4944
or cphelps@shalomdch.org.

JFS is a member of the Association of
Jewish Family and Children's Agencies



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COUNSELING AND SUPPORT GROUPS

When personal events hinder your ability to cope, our Licensed Clinical Social Workers provide:

- Counseling for Individuals, couples, families and groups
- Assessment, evaluation and information
- Referrals to area resources and local clinicians
- Group counseling on issues including caregiving, dementia, and other topics. Visit the JFS website for a listing of current groups.

CASE MANAGEMENT SERVICES

The mission of Jewish Family Services case management is to promote and preserve the dignity and self-respect of individuals and to provide support for their caregivers. Our staff is skilled in understanding the challenges of aging and trained to recognize the social, emotional, and functional needs of older adults. Maintaining maximum independence for each person is a priority. JFS provides a variety of services tailored to each individual, including:

- Coordination of services
- Information and referral
- Friendly visitors, drivers, etc.

FINANCIAL ASSISTANCE

Jewish Family Services is available to help financially in emergency situations with limited funds for grants to individuals and families. Whenever possible, we try to connect individuals or families with agencies and other resources available in our community.

VOLUNTEERS

Based on the Jewish concept of Tikkun Olam, or "repairing the world," JFS invites community volunteers to help us fulfill our work. From being friendly visitors, to hosting a hot lunch program, to leading Shabbat and holiday services, to serving on the JFS committee, JFS volunteers make a difference in our community every day. Whatever your age, skill or interest, JFS has a volunteer opportunity to fit your lifestyle.

- Be a friendly visitor
- Help an older person with shopping and errands
- Drive older adults to our Chaverim programs
- Be a service leader through Shabbat Outreach
- Get involved during the holidays
- Serve on a committee
- Help organize a program
- Participate in fundraising events



PROGRAMS FOR SENIORS

JFS has many program opportunities for older adults to engage in community, educate themselves and/or get support. JFS runs a number of programs, including but not limited to the Chaverim lunch and learn program, the Memory Café, a Caregiver Support Group, and the Early-Stage Alzheimer's Group. More details can be found on the JFS website.

CLINICAL CONNECTIONS

Clinical Connections is a monthly educational program for mental health professionals. Programs provide the opportunity for learning, earning continuing education units (CEU's), and networking with colleagues. The list of speakers and the schedule for the Clinical Connections program is announced on the JFS website and in the JCC Program Guide.

JEWISH EDUCATIONAL LOAN FUND

JFS is the local administrator for the Jewish Educational Loan Fund. This program is available to help full-time college and graduate students to obtain interest free loans through the Jewish Educational Loan Fund. Contact JFS for more information on this program.