

## Bereavement Support

offered at The Emanuel Synagogue, 160 Mohegan Dr. West Hartford



### Practices of Belonging, Optimism & Meaning

with Dr. Maria Sirois

- **Tuesday, June 12**
- **6:00 – 9:00 pm**
- **FREE and open to the community**

Join us for part two of Dr. Sirois “Broken/Whole” series which introduces daily positive psychology practices (specifically addressing connection, optimism and meaning) to nourish health and wellbeing, even in the darkest of times. Continuing to follow practices that integrate the world’s goodness and beauty enables the elevation of spirit, heart and mind while continuing to honor the experiences of loss and longing. Light supper and evening Minyan included

RSVP TO: [communications@emanuelsynagogue.org](mailto:communications@emanuelsynagogue.org);

For more information and to contact Dr. Maria Sirois visit: [www.mariasirois.com](http://www.mariasirois.com)



### Loss Support Group

- **Wednesdays**
- **June 20 - July 18** (no mtg July 4)
- **7:30 – 8:30 pm**
- **\$45**

This four-session learning and support group for those who have experienced loss is offered by The Emanuel Synagogue Caring Chesed Committee, in partnership with Jewish Family Services. Jan Mittleman, an experienced LCSW, will lead the group. Space is limited to 12 participants. Attendance at all 4 sessions is encouraged but not required.

To enroll online, go to: <https://goo.gl/irPw4g>, or mail in check payment to: The Emanuel Synagogue, 160 Mohegan Drive, West Hartford CT. 06117. Please put “Weds Loss Support Group” in Memo line