



## Jewish Child and Family Service

Suite C200 - 123 Doncaster Street  
Winnipeg, Manitoba R3N 2B2  
Ph: 204-477-7430 | Fax: 204-477-7450  
Email: [jcfs@jcfswinnipeg.org](mailto:jcfs@jcfswinnipeg.org)  
[www.jcfswinnipeg.org](http://www.jcfswinnipeg.org)

Jewish Child and Family Service is a social service agency that serves the needs of the Jewish community primarily, but not exclusively.

Older Adults Services | Holocaust Survivor Support Services | Individual and Family Counselling | Mental Health Services | Chaplaincy | Provincially Mandated Child Welfare | Foster Care and Adoption | Youth Maintenance | Settlement Services | Addictions Recovery Support Services | Volunteer Services | Financial Assistance (Asper Helping Hand Initiative)

Help support the meaningful work that JCFS does strengthening lives in our community and beyond.  
DONATE by calling the office or visiting our website:  
204-477-7430 | [www.jcfswinnipeg.org](http://www.jcfswinnipeg.org)

### Funded by:



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Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg  
Caring for Health  
À l'écoute de notre santé



JEWISH CHILD AND FAMILY SERVICE

Strengthening Lives in Keeping with Jewish Values

## Mental Health Services



## VOLUNTEER SERVICES

One way to help others in our community is by volunteering your time.

We welcome you to join our amazing family of volunteers that strengthen the lives of individuals and families.

Contact the Manager of Volunteer Services at 204-477-7430 to find out how you can become involved.



## MENTAL HEALTH SERVICES

Jewish Child and Family Service (JCFS) Mental Health Program aims to support, assist and empower Jewish individuals living with mental health differences towards their own meaningful chosen goals in the areas of:

- Independent Living
- Socializing
- Education
- Volunteering and/or Employment

Services are provided within the Mental Health Recovery Model and are individualized and flexible. Working within a holistic approach, JCFS Mental Health Services are offered in keeping with Jewish cultural and spiritual values.

**Our goal is to support individuals to work with their strengths to achieve success and satisfaction in their lives**



## Mental Health Services are here to Support, Assist and Empower you!

### HOW CAN MENTAL HEALTH SERVICES HELP?

Working in partnership, a mental health worker can meet with you on a regular basis. Together you can choose, get and keep the valued roles you lead in your life as a friend, neighbour, co-worker, spouse, parent, child, sibling and community member. JCFS is here to support you in gaining skills to reach your chosen goals.

#### JCFS services may include:

- Education and Awareness
- Symptom Management
- Supportive Counselling
- Family Support
- Skills Acquisition
  - Assertiveness training
  - Social skills training
  - Stress management
  - Life skills training
  - Positive coping
  - Problem solving
- Advocacy
- Case Management
- Linking to appropriate supports and resources within the Jewish and general communities.
- Outreach

**We are dedicated to working beside you based on mutual respect and understanding**



#### AGING MENTAL HEALTH:

JCFS provides specialized, cross-program services to clients requiring unique supports to address mental health needs along with issues related to aging.

#### PARTICIPATE IN A PEER CENTERED WELLNESS GROUP:

JCFS Chaverim Wellness Group provides individuals connected with our program, an opportunity to socialize and learn in a supportive environment surrounded by friends.



We are located at the Asper Jewish Community Campus: C200-123 Doncaster Street.  
Please call our office at **204-477-7430** to book an appointment.