



About Us

Rockland Jewish Family Service provides compassionate, professional human services to help people overcome challenges and live their lives to the fullest.

The programs and services RJFS provides to people of all faiths in Rockland include:

- Clinical Counseling Services for individuals and families
- Social Skills & Beyond for children and teens with social skills deficits
- Older Adult Services
- Kosher Food Pantry
- Employment & training for adults on the Autism spectrum
- Holocaust Survivor Support
- Community Outreach

Rockland Jewish Family Service has been providing counseling, support and assistance to individuals, families, groups and communities since 1987.

Care for the Entire Community

(845)354-2121 ext.140
www.rjfs.org www.facebook.com/RJFS.org

Thank you to our FUNDERS



Volunteer Opportunities

- Share-a-Shabbat & Send-a-Friend programs for home-bound and residential facility residents
- Jewish culture club and holiday celebrations for developmentally disabled adults living in Rockland County
- Jewish holiday celebrations for individuals living with dementia and their caregivers
- Food pantry packing and food distribution
- Weekly soup & challah delivery to Holocaust survivors



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Counseling Services

Clinical and therapeutic services provided by licensed mental health professionals.

- Counseling for adults, teens, children, couples and families for a myriad of issues including parenting challenges, depression and mood disorders, divorce/ separation issues, anxiety disorders, and life stage issues
- Bereavement Support Group & Moving On Group

Social Skills & Beyond

Therapeutic services for children, adolescents and young adults who struggle with peer relationships, impulse control and fitting in with others.

- Social skills groups for children, teens and young adults
- Individual, family and couples counseling focused on social skills issues
- Community education and outreach



where a successful summer experience awaits children who need extra support for social skills and emotion regulation.

Older Adult Services

- Individualized, home-based assessments, supportive counseling, and community education to adults over 62 and their caregivers
- Case management and counseling services for individuals living with dementia and their families/caregivers
- Healthy aging and wellness presentations
- Geriatric Care Management
- Home based therapy: psychotherapeutic services to individuals and families

Holocaust Survivor Services

Specialized case management and home care services for Holocaust Survivors. Social services for Nazi victims have been supported by a grant from the Conference on Jewish Material Claims Against Germany.



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Lillian's Cafe

Offering employment and training for adults on the autism spectrum, Lillian's is a working cafe, located on the JCC campus. Serving breakfast and lunch. Catering meetings and small gatherings. Curbside pickup available. For menu and catering information, call 845-215-7055.

Jewish Family Life Education

- Workshops and lectures that use Jewish text and tradition to help individuals cope more effectively with life cycle issues.
- Topics include: parenting, marriage and divorce, aging, adolescence, bereavement and mindfulness.

Rhoda Bloom Kosher Food Pantry

Monthly distribution of non-perishable kosher food to income eligible residents. Volunteers and food donations welcome. For distribution dates and eligibility requirements visit www.rjfs.org/food.