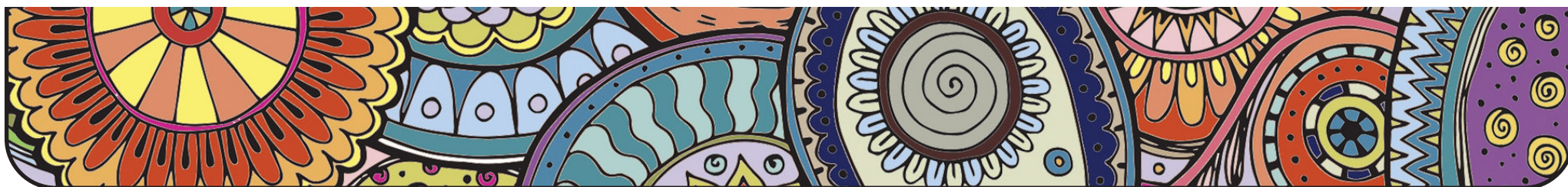
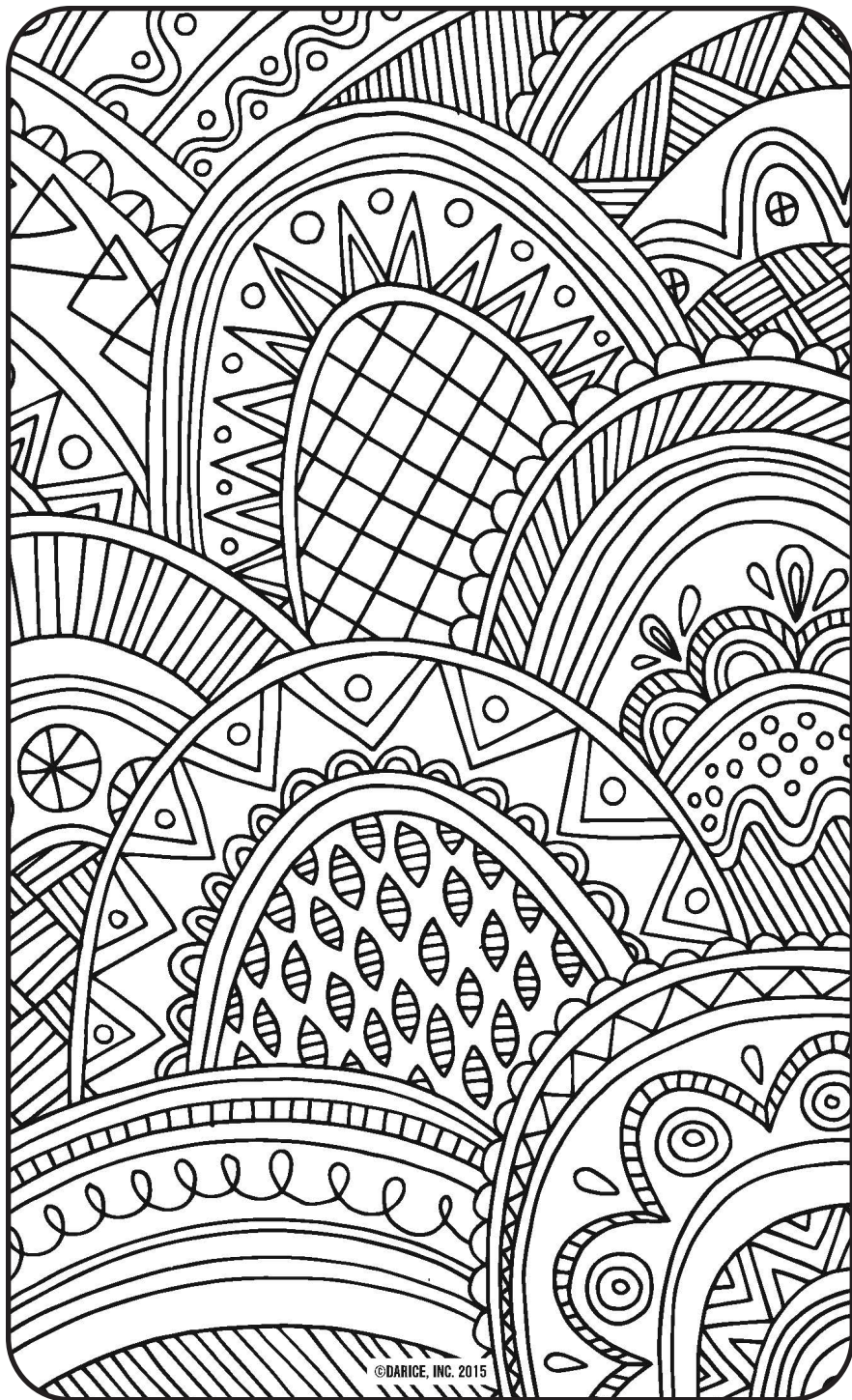




845.354.2121  
[www.rjfs.org](http://www.rjfs.org)  
[facebook.com/rjfs.org](https://facebook.com/rjfs.org)







# Volunteering & Community Outreach

## Outreach Committee

The outreach committee consists of volunteers and RJFS staff who work together to develop and implement the various outreach programs we offer. These include Share-a-Shabbat, the RJFS/ARC Collaborative, Send-a-Friend and Traditions, which brings Jewish culture and celebrations to individuals with Alzheimer's disease and their caregivers. Our newest endeavor is Create & Explore which pairs local teens with individuals with developmental disabilities.

## Slick Club

Social Club for Jewish adults with developmental disabilities. We meet every other month to celebrate Jewish holidays and culture, learn about practices and observances, and socialize in a fun, member-led environment.

## Fundraising Committee

Volunteers work with RJFS staff to plan, develop and implement several fundraising activities and events throughout the year. Our major fundraising event are our Annual Gala and our Unsung Heroes Brunch.

## Rhoda Bloom Kosher Food Pantry

Once a month, volunteers prepare packages of non-perishable food to be picked up by the families enrolled in the program.

One in six Americans is affected by "food insecurity" – the lack of consistent, dependable access to food due to limited money or resources. Rockland Jewish Family Service works to alleviate hunger in our community through the Rhoda Bloom Kosher Food Pantry, which offers healthy, kosher food to anyone in need in Rockland.

For more information about how to apply to the Food Pantry please contact Stephanie Maddalena, 845.354.2121 ext.140 or via email at [smaddalena@rjfs.org](mailto:smaddalena@rjfs.org).

## Rockland Jewish Family Service

Providing compassionate, professional human services to help people overcome challenges and live their lives to the fullest.

Programs and services are available to people of all faiths, religions, races and backgrounds in Rockland County:

- Family-Based Clinical Counseling Services
- Social Skills & Beyond - Groups for Children and Young Adults
- Camp Kipanga - Summer Camp for Social Skills
- Older Adult Services
- Rhoda Bloom Kosher Food Pantry
- Lillian's Cafe - Job Training Program for People with Autism
- Holocaust Survivor Support
- Jewish Community Outreach

Rockland Jewish Family Service has been providing counseling, services and referrals to individuals, families and groups since 1987.

We are here for you!





# Older Adult Services

Rockland Jewish Family Service (RJFS) provides help to individuals and families facing issues of aging. Services are available to all Rockland County residents and their caregivers.

## Information and Referral

Older people and their families often have a difficult time coping with aging and finding the appropriate services. RJFS can locate the best resources and match them to their needs. Programs offered are designed to educate the public about issues facing individuals and families dealing with the challenges of aging.

## Holocaust Survivor Services

In order to enable Holocaust Survivors to age with dignity, RJFS provides home care service, case management and help with pension applications.

## Alzheimer's Disease Services

In collaboration with the Alzheimer's Association and the County of Rockland, RJFS offers support services and counseling for individuals and families living with Alzheimer's Disease and related disorders, including a social support group.

## Case Management/Caregiver Support

Licensed social workers offer case management and support services for individuals dealing with matters of aging and their family caregivers.

## Counseling

Experienced professionals provide individual and family counseling as well as discussion groups focusing on Parkinson's Disease and bereavement. In-home counseling is available for the home-bound.

For more information on any of these programs please contact Doris Zuckerberg at 845.354.2121 ext.198 or email [dzuckerberg@rjfs.org](mailto:dzuckerberg@rjfs.org).



# Summer Camp & Social Skills Groups for Children and Teens

**Camp Kipanga's mission** is to provide the necessary support to ensure a successful summer camp experience to youth who struggle with peer relationships, impulse control, fitting in with others, coping with emotions, and related difficulties.

The vision of our summer camp is to provide a typical summer camp experience to enhance the social skills and build the confidence of the youth we serve.

Contact Michele Koenig, LPC, LMFT, Director of Clinical Programs:  
845-354-2121 x141 • e-mail: [mkoenig@rjfs.org](mailto:mkoenig@rjfs.org)

Visit [www.campkipanga.com](http://www.campkipanga.com) for more information or to register.

## Therapeutic Social Skills Groups

Program for children ages 4-18, and a transition-based social skills program for young adults ages 18-26. Individuals who have been previously diagnosed with High Functioning Autism, PPD NOS, Nonverbal Learning Disability or Social Anxiety are candidates for these programs.

The purpose of the groups is to teach and help develop appropriate social skills in areas that promote social awareness, healthy living and independence. Throughout the group sessions there is a strong focus on nonverbal and verbal communication skills as well as promoting positive social interactions with peers.

Our newest venture involves developing meaningful employment opportunities for adults with social deficits.

For more information on all Social Skills & Beyond programs please contact Michele Koenig, LPC, LMFT, Director of Clinical Programs at 845.354.2121 ext.141, or via e-mail: [mkoenig@rjfs.org](mailto:mkoenig@rjfs.org).







# Mental Health & Wellness

Rockland Jewish Family Service offers individual and group therapy for adults, adolescents and children. We work with people dealing with depression, anxiety, loss, eating disorders and many other life stage issues. Our professional services are provided by licensed mental health professionals and are all confidential in nature.

Some of our Mental Health & Wellness programs include:

- Individual counseling
- Family and couples counseling
- Group counseling for individuals dealing with Parkinson's Disease, eating disorders, bereavement and loss.

For information on counselling, contact Rita Weingold at 845.354.2121 ext.140 or via email: [rweingold@rjfs.org](mailto:rweingold@rjfs.org).

## Bereavement Support

Bereavement specialists at Rockland Jewish Family Service provide counseling for individuals and families who have experienced the loss of a loved one.

The After Shiva Group provides a safe space for members to grieve the passing of a spouse or partner in an understanding and supportive community. The group learns about the grieving process as they reflect on the past, learn to live in the present and plan for their future.

The Moving On group offers spouses and partners who have previously attended a bereavement group here or elsewhere the opportunity to continue meeting in a facilitated group setting. Members share their challenges and experiences as they discuss the process of adapting to life without their loved one.

For more information please contact Carol H. King, LCSW at 845.354.2121 ext.142 or via email: [cking@rjfs.org](mailto:cking@rjfs.org).