JEWISH FAMILY & COMMUNITY SERVICES

FALL 2026

Aging Well programs

Caregiver Cafe
Support group for caregivers to connect, share experiences, and learn.

Tech Tuesday
This beginner-friendly class covers smartphone and tablet basics, including useful settings and practical tools.

Lunch Bunch
Monthly lunch-and-learn featuring engaging presentations on aging well topics relevant to older adults.

Grief Group
Explore the stages of grief, healthy coping strategies, and supportive discussion in a welcoming group setting.

Kinship Program
Support group for kinship caregivers raising relatives' children .

Visit jccyoungstown.org/agingwell to learn more.

Our Gang





Our Gang recently took a trip to see live music and get ice cream.

Survivors of Suicide Support Group

Losing a loved one to suicide is a painful and complex experience that can leave survivors grappling with intense emotions, questions, and feelings of isolation. This 10 week support group provides a safe and understanding space for individuals who have lost someone to suicide.

For information, call 330.746.7929 ext. 243 or email lhaas@jewishyoungstown.org.