



Sinai Temple Mental Health Center's **BEREAVEMENT SUPPORT PROGRAM**

In the words of Sinai Temple Members

When a loved one dies, the grief can be profound. Sinai Temple understands this and is ready to embrace mourners in the comfort of Jewish tradition and community.

Our Bereavement Support Groups are open to mourners at any time in the grieving process. Weekly, in-person meetings allow mourners to connect with others to share their pain and together regain hope that joy in life is possible.

"I think a really important component of one's religious community is support through difficult times."

"At first, I was a mess after losing my most precious mother...today is her 2nd Yahrzeit."

"Making the decision to join the Sinai Temple Bereavement group has been one of the best things I have ever done for myself."

"My heart still aches at times, but I can deal with it so much better now."

"The group is a safe place to talk, where no one judges you. We have a strong bond of empathy and trust."

"When my sister passed away, I knew that I needed help."

Mondays: 10 a.m. - 11:30 a.m. and 6 p.m. – 7:30 p.m.

An initial private consultation is required.

An exclusive benefit of Sinai Temple membership

"Everything is confidential. Knowing that you are not alone in your grief and sharing feelings has been so beneficial."

Please contact **Carolyn Hoffman, LCSW**, directly at Sinai Temple: **(310)481-3209** or **choffman@sinaitemple.org**.

May God comfort you among the mourners of Zion & Jerusalem

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