



## Community Support Resources for Those Encountering Loss

*This is a list of current support programs in Miami-Dade and parts of Broward Counties. While most are in-person or online bereavement groups, there are other types of support groups listed below as well. This list will be updated periodically. **Please contact each program below before participating for intake and location information.** Mishkan Miami does not coordinate these programs. Programs listed below are both non-sectarian and Jewish.*

### *Programs as of 3/12/24*

#### **Israel at War: Group for Mothers With Children Living in Israel**

*Mondays, 8-9 PM; online, facilitated Jewish support group; no cost to attend*

- This program is for mothers with children living in Israel, facilitated by Denise Dunager, Spiritual Care Volunteer for the Greater Miami Jewish Federation, and a graduate of The Center for Mind Body Medicine. For more information, email Denise Dunager at [denisedunager@gmail.com](mailto:denisedunager@gmail.com) or call Rabbi Fred Klein, Director of Mishkan Miami of the Greater Miami Jewish Federation at 305.562.1235.

## Spiritual Support and Congregational Connections

### Mishkan Miami

- Chaplains are available through Mishkan Miami of the Greater Miami Jewish Federation to speak to you and provide spiritual support free of charge. If you are interested in joining a synagogue/faith community, we can also connect you. This service is free of charge. **Please contact Rabbi Klein at [Mishkanmiami@gmjf.org](mailto:Mishkanmiami@gmjf.org) or 786.866.8655.**

## Memorial Services and Community Program

- *Tuesday, May 7, 7-9 PM.* Sponsored by Aventura Turnberry Jewish Center and the North Dade Bereavement Coalition. **Participants must RSVP to Helena Nath by e-mailing [drhnath@gmail.com](mailto:drhnath@gmail.com).**

## In-Person Bereavement Support Groups

### Miami-Dade County Support Groups

- *Alternating Wednesdays, 11 AM-Noon; non-sectarian facilitated support group, located in North Dade.* Alternate weeks will offer a similar style group with the addition of healing music. Sponsored by Michael-Ann Russell Jewish Community Center and L'Chaim Jewish Hospice Service, a program of Catholic Hospice (English/Spanish). **Participants must RSVP by e-mailing [info@lchaimhospice.org](mailto:info@lchaimhospice.org).**
- *Alternating Fridays, 1-2 PM; non-sectarian facilitated support group, located in South Dade.* Sponsored by Palmer House Coping with Loss Due to Substance Abuse in collaboration with Catholic Hospice (English/Spanish). **Email [SpecialCare@catholichospice.org](mailto:SpecialCare@catholichospice.org).**

### Miami Beach Spiritual Grief Support Group

- *Every Tuesday, 11 AM-Noon at the Miami Beach JCC.* Facilitated by Rabbi Mendy Levy, chaplain for Mount Sinai Medical Center of Miami Beach, and grief specialist Patricia Stauber. This program creates a safe and caring environment for sharing and will draw on Jewish spiritual resources to help you in your grieving journey. **For more information, email [miamibsg@gmail.com](mailto:miamibsg@gmail.com) or call Rabbi Levy at 305.922.9595.** You may also [CLICK HERE](#) for further details.

## **Broward County Support Groups**

- *Every Monday, 12:30-2:30 PM, Room 146; non-sectarian facilitated support group, located in West Broward.* Sponsored by David Posnack Jewish Community Center Bereavement Support Group in collaboration with Catholic Hospice. **Contact Debbie Hochman at [dhochman@dpjcc.org](mailto:dhochman@dpjcc.org) or 954.420.6197, ext. 368.**
- *Every Thursday, 11 AM-Noon. Facilitated, non-sectarian, six-week bereavement support group program targeting older adults.* Sponsored by The Palms of Plantation Bereavement Support Group. **If you are interested, contact Marjorie Aloni at [marjeealoni@gmail.com](mailto:marjeealoni@gmail.com) or 305.766.2976 to inquire when the next six-week session will begin.**

## **Spiritual Grief Support Group**

- *Every Tuesday, 7 PM; Jewish facilitated support group, located in North Dade.* Whether you are recently bereaved or have been coping for some time, our group is open to everyone seeking connection and understanding. Sponsored by Aventura Turnberry Jewish Center, Embrace Healing Embrace Hope. **For more information, contact Helena Nath or Abramm Kupfer at [hope@atjc.org](mailto:hope@atjc.org).**

## **Online Bereavement Support Groups (via Zoom)**

### **Circle of Support – Child Loss**

- *Weekly, facilitated, four-week support group. Wednesdays from April 3 to May 1, 8:30-9:30 PM, with the exception of April 24 in observance of Passover.* Support group for parents who have lost a young child. Sponsored by Ohel South Florida. Facilitated by Evelyn Guttman, M.S., LMHC and Tamar Sheffey, LCSW. Short-term individual sessions are available for anyone impacted by an acute trauma or loss upon request. **To learn more, contact Bracha Rupp at [Bracha\\_rupp@ohelfamily.org](mailto:Bracha_rupp@ohelfamily.org) or 347.971.0379. For additional details, [CLICK HERE](#).**

### **Support for Parents Grieving the Death of an Adult Child**

- Alive Alone supports bereaved parents whose only child, or all their children, are deceased, with mentoring and online peer support. In addition, the organization provides in-person workshops. **To learn more, contact Paula Neidorf, a grieving parent and trained mentor in the program at [paulaschoolhmc@aol.com](mailto:paulaschoolhmc@aol.com) or visit [their website here](#). [Supporting Bereaved Parents](#)**

## **Children's Bereavement Center Lift From Loss**

- *Weekly, facilitated, non-sectarian support groups.* Sponsored by Children's Bereavement Center. **Please call 888.988.5438 or visit <https://childbereavement.org/support-groups/> to register.**

### **Mondays**

Lower Elementary School Group: 5:30-6:30 PM

Upper Elementary School Group: 5:30-6:30 PM

Middle School Group: 7-8:30 PM

English-Speaking Adult Lift From Loss Group: 7-8:30 PM

Child Loss Group: 7-8:30 PM *(for parents/caregivers who lost a child of any age)*

### **Tuesdays**

High School Group: 7-8:30 PM

English-Speaking Adult Group: 7-8:30 PM

English-Speaking Perinatal & Infant Loss Group: 7-8:30 PM

### **Wednesdays**

English-Speaking Adult Group: 7-8:30 PM

Spanish-Speaking Adult Group: 7-8:30 PM

Young Adult Group: 7-8:30 PM (every other week)

Spanish-Speaking Perinatal & Infant Loss Group: 7-8:30 PM (every other week)

## **Living and Grieving Grief Group**

- *Every Tuesday, 6-7 PM; facilitated, non-sectarian support group.* Sponsored by AccentCare. **Participants must register by contacting Bianca Muniz, LCSW at [biancamuniz@accentcare.com](mailto:biancamuniz@accentcare.com) or 786.479.6488 or Corey Stepeck, LCSW at [coreystepeck@accentcare.com](mailto:coreystepeck@accentcare.com) or 305.462.9766.**

## **Spanish-Speaking Support Group**

- *Second and fourth Tuesdays, Noon-1 PM; facilitated non-sectarian support group.* Sponsored by Catholic Hospice Bereavement Support Group. **Email [SpecialCare@catholichospice.org](mailto:SpecialCare@catholichospice.org) or call the bereavement hotline at 305.351.7025.**

## **BPUSA Virtual Bereaved Sibling Chapter (National Support)**

- *Last Thursday of the month, 8 PM; facilitated, non-sectarian support group.* Sponsored by Bereaved Parents of the USA (BPUSA). **Use this link to sign up for the mailing list: <https://virtual-bereaved-sibling-chapter-meeting.mailchimpsites.com/> or call BPUSA hotline 854.462.2852.** Please note that this meeting is **only for siblings** who are 18+. Requests to join the mailing list should be submitted by the adult sibling attending.

## **Additional Support Groups**

### **In-Person Caregiver Support Group**

- *Thursdays, 11 AM-Noon. Facilitated, non-sectarian, six-week caregiver support group program targeting older adults.* Sponsored by The Palms of Plantation Caregiver Support Group in collaboration with Alzheimer's Association. **If you are interested, contact Marjorie Aloni at [marjeealoni@gmail.com](mailto:marjeealoni@gmail.com) or 305.766.2976 to inquire when the next six-week session will begin.**

### **In-Person LGBTQ+ Support**

- *Pride Empowerment Circle: Second Monday of every month, 6:30-7:30 PM. Facilitated, non-sectarian, LGBTQIA+ community and friends support group for individuals 18+ years old.* Sponsored by Alper JCC Miami. Facilitated by Health and Life Coach Michele Rothkopf. Share, connect and build a community while exploring topics suggested by participants and learning from occasional guest speakers. **RSVP required through [this link](#). For additional information, [CLICK HERE](#).**

### **Emotional and Spiritual Support and Growth (Online)**

- *Bio-hacking your "Jewishness" For Health Change! Monthly, facilitated, Jewish online support group, 7-8 PM on the following Sundays: April 7, May 5 and June 9.* This program will create a safe and caring environment to optimize your body's performance and health. The group will also draw on Jewish spiritual resources to help individuals experiencing grief. Facilitated by mental health professional Rabbi Melinda Bernstein. **To learn more, contact Rabbi Bernstein at [melinda@melindabernstein.com](mailto:melinda@melindabernstein.com) or 954.901.1355. [CLICK HERE](#) to receive more information.**

## Memorial Programs for People in Skilled Nursing, Assisted Living or Independent Living Facilities

The death of a person who lived in an institutional setting impacts the community living there, even if some are cognitively challenged. Often, residents are unable to attend funerals or *shivas*. Mishkan Miami volunteers and chaplains can help you create customized memorial programs for family members or friends who have passed away in skilled nursing, assisted living or independent living. This service is free of charge, and facilitated by Denise Dunager, spiritual care volunteer for the Greater Miami Jewish Federation. **Please contact Rabbi Fred Klein at [rabbiklein@gmjf.org](mailto:rabbiklein@gmjf.org) or 305.562.1235.**

## Bereavement Counseling Services

### JCS Counseling Services

- Jewish Community Services provides grief and behavioral support services to those who would like to speak to a mental health counselor. Major insurances accepted. *Call JCS Access, Outreach and Referral Services at 305.576.6550 Monday-Thursday, 9 AM-5PM and Fridays, 9 AM-4 PM. Helpline counselors are also available 24/7 by calling 211.*

### Private Practice Counselors

- Mishkan Miami has created a grief-informed task force and trained a number of local bereavement counselors and therapists who are in private practice.
  - **Sammi Siegal, LCSW:** In addition to bereavement counseling, she also offers music therapy. Visit [siegelcounseling.com](http://siegelcounseling.com) to learn more or call **305.613.1101**.
  - **Patricia Stauber RN, LCSW:** Therapist providing grief counseling, trauma support and other emotional support. Visit [centerforlifetransitions.org](http://centerforlifetransitions.org) to learn more or call **305.710.7894**.

## Shiva Support and Religious Needs

### ShirAnit: Supporting Mourners by Preparing the *Shiva* Home

- ShirAnit sets up the *shiva* home by covering mirrors, providing low seats, *Kaddish* cards, *siddurs* and books on mourning, among other items. **Call any time 305.707.7724.**

### ***Kaddish* Workshop**

- *Offered every afternoon before afternoon and evening services.* Learn how to say *Kaddish* along with studying the prayer and its deeper meaning. **Call Rabbi Moshe Kievman at Chabad Chayil at 786.547.3031 to schedule a time and learn more.**

### **Bikkur Cholim of Miami Beach**

- Provides meals to those in mourning in the Miami Beach area, as well as limited housing and support to families who have loved ones in medical treatment in the Miami Beach area. **Visit [bikurcholimmiamibeach.com](http://bikurcholimmiamibeach.com) for more information.**

## **Addiction Recovery Support**

- Temple Beth Am's *Recovery Through a Jewish Lens* supports those affected by addiction and strives to end the stigma of addiction in the Jewish community through education and clean and sober Jewish celebrations. If you are in recovery, a loved one of someone in recovery, or interested in getting help for your addiction, join us as we explore topics to strengthen our recovery with insight and spiritual guidance from our Jewish heritage. We are open to the community and confidentiality is observed. **For more information and to RSVP, please contact Mindy Robbin in the clergy office at [mrobbin@tbam.org](mailto:mrobbin@tbam.org).**

## **Camp Erin: An Overnight Retreat for Children and Teens 6-17 Experiencing Loss of a Significant Person in their Lives**

- *Saturday, June 15, 10 AM-7 PM, Tree Tops Park, Davie.* Camp Erin is a free camp experience providing a supportive and therapeutic environment for children who have experienced the death of someone close to them. The program combines emotional support and grief education with fun, traditional camp activities. Sponsored by L'Chaim Catholic Hospice. **Contact Edmund Davis at 954.944.2709 or email [CampErin@catholichospice.org](mailto:CampErin@catholichospice.org) for more information. You may also [CLICK HERE](#) to access an application, which must be submitted Friday, May 17.** Our L'Chaim team is available to discuss needed *Shabbat* and kosher food accommodations.

## Other Community Links and Online Communities

### Prenatal and Pregnancy Loss for Jewish Couples

- [Nechama Comfort](#) provides emotional support following a prenatal or infant loss. In addition, a full inventory of rituals and resources can be found at [jewish-healing-center.org/perinatal-loss/](http://jewish-healing-center.org/perinatal-loss/). **Contact [support@nechamacomfort.org](mailto:support@nechamacomfort.org) or 833.NECHAMA for more information.**

### Soaring Spirits International — A National Community for Widows/ers

- This national organization and virtual community of widows/ers offers in-person and online programming, including Widowed Village, a virtual community with weekly programs. **Please call 877. 671.4071 or visit [Soaring Spirits International](#).**

### Compassionate Friends — A Support Community for Those Experiencing the Death of a Child

- For information, call 630.990.0010 or visit [The Compassionate Friends Non-Profit Organization for Grief](#).

### Grief Line by First Candle — A Support Community for Those Experiencing the Death of an Infant

- For information, call 800.221.7437 or visit [Bereavement Support - First Candle](#).

### Family Bereavement Support — After the Loss of an Infant Through Miscarriage, Stillbirth or Infant Death

- For information, contact [Info@starlegacyfoundation.org](mailto:Info@starlegacyfoundation.org) or 952.715.7731, ext. 2.

### Modern Loss

- An online blog providing candid resources and articles to help people navigate loss, especially for those experiencing disenfranchised or unrecognized grief. **To learn more, visit [modernloss.com](http://modernloss.com).**