



Community Support Resources for those Encountering Loss and Emotional Wellness

*This is a list of current support programs in Miami-Dade and parts of Broward County. While most are bereavement groups in person or online, there are other support groups listed below. 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 in nature.*

Current Programs as of 9/25/24

Programs will be periodically updated.

EMOTIONAL AND SPIRITUAL WELLNESS

Group for Older Adults Experiencing Stress Due to October 7

Wednesdays, 5-6 PM; online, facilitated Jewish support group; no cost to attend

- This program is for seniors experiencing stress due to October 7. The group will provide a safe space to explore and share experiences. The group will be facilitated by a licensed psychologist and mental health provider who are volunteering their time ensure everyone who needs support can have access. **Participants must RSVP by [completing the registration form here](#).** Select the group option: Groups for Retirees/Older Adults. *Sponsored by Association of Jewish Psychologists*

Jewish Community Emotional Support Groups

Weekly facilitated Jewish online support group; no cost to attend

- This program is a response to the ongoing conflict in Israel and Gaza, and the rise of antisemitism. **Participants must RSVP by [completing the registration form](#).** *Sponsored by Association of Jewish Psychologists.*

Meditation & Mindfulness Coach

Weekly, 7-8:30 PM online facilitated six-week group; no cost to attend

- Each group of eight individuals meets weekly for six weeks, then a new group starts. Grounded in self-reflection, group activities include meditation and mindfulness, guided imagery, autogenic training, breath work, movement, drawing and the trauma healing diet. 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 and to register for the next session, contact Denise Dunager at denisedunager@gmail.com.**

Programs Sponsored through the Institute for Jewish Spirituality

- Retreats, online study and Jewish resources. To learn more, visit JewishSpirituality.org

GENERAL SPIRITUAL SUPPORT & 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 free of charge. **For more information, contact Rabbi Klein via email mishkanmiami@gmjf.org or during business hours at 786.866.8655.**

MEMORIAL SERVICES AND COMMUNITY PROGRAMS

North Miami-Dade County Memorial Program and Gathering

- **Tuesday, November 19 | 7-9 PM** *Sponsored by Aventura Turnberry Jewish Center and the North Dade Bereavement Coalition. Please RSVP to Helena Nath at drhnath@gmail.com.*
- **Thursday, February 13, 2025 | 7-9 PM** *Sponsored by Temple Sinai and the North Dade Bereavement Coalition. Please RSVP to Suzanne at templesinai@tsnd.org.*
- **Thursday, April 3, 2025 | 7-9 PM** *Sponsored by Temple Sinai and the North Dade Bereavement Coalition. Please RSVP to Jill at jkoch@btbrc.org.*

IN-PERSON BEREAVEMENT SUPPORT GROUPS

North Miami-Dade County Support Groups

Every other Monday, 7-9 PM; facilitated support group

- This program is for adults who lost a loved one. *Sponsored by Aventura Turnberry Jewish Center.* Participants do not need to be a synagogue member. **RSVP required via email to drhnath@gmail.com.**

Miami-Dade County Support Groups

- *Every other Wednesday, 11-Noon; facilitated, non-sectarian bereavement support group.* Sponsored by Michael-Ann Russell JCC and L'Chaim Jewish Hospice Service, a program of Catholic Hospice (English/Spanish). **RSVP required via email to info@lchaimhospice.org.**
- *Every other Wednesday, 11-Noon; facilitated, non-sectarian music therapy group.* Sponsored by Michael-Ann Russell JCC and L'Chaim Jewish Hospice Service, a program of Catholic Hospice (English/Spanish). **RSVP required via e-mail to info@lchaimhospice.org.**
- *Every other Friday, 1-2 PM; facilitated non-sectarian support group.* Sponsored by Palmer House Coping With Loss Due to Substance Abuse in collaboration with Catholic Hospice (English/Spanish). **For more information and to RSVP, call the bereavement hotline at 305.351.7025 or send an email to specialcare@catholichospice.org.**
- *Second and fourth Saturdays, 2-3 PM; facilitated, non-sectarian support group.* Sponsored by East Ridge Retirement Village Coping with Loss Due to Substance Abuse in collaboration with Catholic Hospice (English/Spanish). **For more information and to RSVP, call the bereavement hotline at 305.351.7025 or send an email to specialcare@catholichospice.org.**

Miami Beach Spiritual Grief Support Group

Every Friday, 11-Noon at the Miami Beach JCC, beginning on November 8

- This program creates a safe and caring environment for sharing and will draw on Jewish spiritual resources to help you in your grieving journey. Facilitated by Rabbi Mendy Levy, Mount Sinai Medical Center of Miami Beach Chaplain. **For more information, email miamibsg@gmail.com or contact Rabbi Levy at 305.922.9595.**

Broward County Support Groups

- *Every Monday, 12:30-2:30 PM, Room 146; facilitated, non-sectarian support group.* Sponsored by David Posnack JCC Bereavement Support Group in collaboration with L'Chaim Jewish Hospice Service, a program of Catholic Hospice. **For more information, contact Debbie Hochman at 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. **For more information, contact Marjorie Aloni at marjoriealoni@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.**

VIRTUAL BEREAVEMENT SUPPORT GROUPS (VIA ZOOM)

Parents Supporting Parents: Evolving Through the Loss of a Child

First and third Mondays, beginning November 4, 7:30-9 PM; facilitated support group

- This Jewish support group is intended for parents who have experienced the loss either a teen or adult child. Each loss is unique, but this community is welcoming to all types of losses, including sudden traumatic loss. Jewish text and wisdom will also be offered, especially around the Jewish holidays. Based upon the group's interest, periodic in-person programs may be planned. Group facilitated by Sammi Siegel PhD, LMHC. **To learn more and register Call Sammi Siegel at 305.613.1101.**

Nechama Minyan

Saturday-Thursdays, 9-10 PM; facilitated six-day session support group

- Support group for adults who have lost someone, including parents who have lost a child. The gatherings will honor beloveds who have died and offer healing for individuals experiencing physical and mental illness. The group does not meet on *Erev Shabbat* or major holidays. Facilitated by Rabbi Rayzel Raphael. **To learn more and register contact Chaya Lerner at crlerner09@gmail.com or 786.208.9505.**

Children's Bereavement Center Lift from Loss

Weekly, facilitated non-sectarian support groups via Zoom. Sponsored by Children's Bereavement Center. Please [click here](#) or call 888.988.5438 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 Adult 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 or 786.479.6488 or Corey Stepeck, LCSW at 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. **For more information, email SpecialCare@catholichospice.org or call the bereavement hotline at 305.351.7025.**

Bereaved Parents of the USA (BPUSA) Virtual Bereaved Sibling Chapter (National Support)

Last Thursday of the month, 8 PM; facilitated non-sectarian support group

- Please note that this meeting is **only for siblings who are 18 and older**. Requests to join the mailing list should be submitted by the adult sibling attending. **For more information, call the BPUSA hotline 854.462.2852 or [click here](#) to be added to the mailing list.**

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 the Alzheimer's Association. **For more information, contact Marjorie Aloni at 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. [Click here](#) for October session.**

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 Frederick Klein at 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. Free mental health counseling for uninsured and low-income individuals is also offered. **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://www.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://www.centerforlifetransitions.org) to learn more or call **305.710.7894.**
 - [Association of Jewish Psychologists \(AJP\)](#)
 - [AJP Clinical Directory](#)
 - [Jewish Therapist Collective Directory](#)

SHIVA SUPPORT AND RELIGIOUS NEEDS

Mishkan Miami and L'Chaim Hospice Bereavement Guides and Comfort Kits

- Mishkan Miami, in partnership with L'Chaim Hospice, has prepared comfort kits with bereavement resources, spiritual care resources and other materials. Contact Rabbi Frederick Klein at rabbiklein@gmjf.org for more information

ShirAnit: Supporting Mourners by Preparing the *Shiva* home

- ShirAnit sets up the shiva home by covering mirrors, providing low seats, *Kaddish* cards, *siddurs*, 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://www.bikurcholimmiamibeach.com) for more information.**

Overview of Traditional Mourning Rituals

- Ematai, an Orthodox organization focused on end-of-life care, provides a chapter from Koren's Siddur for the House of a Mourner, which contains a good synopsis of the first year of Jewish ritual for reference. [Click here](#) to access the essay *A Practical Summary of the Laws of Aveilut*.

OTHER COMMUNITY LINKS & 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 here](#). **Contact 833.NECHAMA or email support@nechamacomfort.org for more information.**

Soaring Spirits International- A National Community for Widow/ers'

- This national organization and virtual community of widow/ers offers both 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 Individuals Experiencing the Death of a Child

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

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

- For information, please 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 or 952.715.7731, ext. 2.

Modern Loss

- An online blog providing open and candid resources and articles to help people navigate loss, especially for those experiencing disenfranchised or unrecognized grief. **To learn more, visit modernloss.com.**