

## Mission Statement

### Samost Jewish Family & Children's Service (JFCS) of Southern New Jersey

is dedicated to helping people successfully meet the challenges of daily life. We

are a non-profit agency that provides quality, affordable, and accessible social services to Jewish individuals and families in need. JFCS is also responsive to the needs of the broader community on a non-discriminating basis. We place the highest value upon treating people with dignity and respect and are guided by the Jewish tradition of helping people help themselves.

## Counseling, Support Groups, and Adoption

At certain points in our lives, each of us will likely face psychological difficulties or life challenges. Our professional staff of experienced, licensed therapists can help you navigate life's twists and turns, enabling you to gain emotional strength and insight. Adult, child, adolescent, family, and couples counseling are available at convenient day and evening hours. Most third-party insurances are accepted. For those without insurance, we offer sliding scale fees based on income. No one is turned away because they lack the ability to pay. We also offer a variety of support groups focusing on issues such as addiction recovery, anger management, grief support, and vocational services. These groups provide the emotional comfort and moral support that can only come from peers who are going through similar experiences. Additionally, we are able to assist and facilitate with adoption services and supports through the Open Arms Adoption Network.

## Adult Counseling

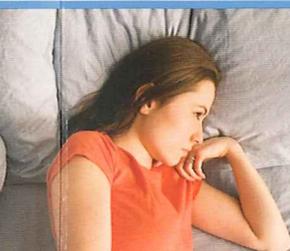
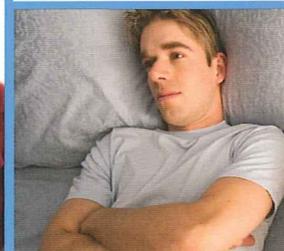
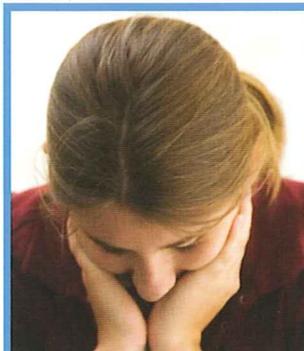
Services are offered to adults who are facing emotional challenges precipitated by life events or due to a psychological disorder. Our therapists have the expertise to provide effective mental health services to individuals who are experiencing anxiety, depression, eating disorders, addiction and recovery, grief, chronic illness, job-related issues, sexual and gender identity concerns, and other life stressors that impact emotional well-being.

## Child and Adolescent Counseling

We provide children and adolescents, ages 3 through 18, with support and coping skills to achieve emotional health and improved functioning through individual and family counseling. Play therapy allows younger children, who often are unable to communicate verbally, to express their feelings through art, activities, and toys. We counsel children with challenges such as attention disorders, learning differences, and behavioral issues. Parents are incorporated into the treatment plan so that they can provide intervention and additional support at home. Our expert counselors are available to speak on a variety of topics, including body image, bullying, and building healthy relationships, at area synagogues and schools.

## Family and Couples Counseling

Our therapists are trained to address a wide range of issues including pre-marital challenges, interfaith dating, separation, divorce, blended families, infertility, and adoption. Counseling provides a place in which families and couples can learn techniques for more effective communication and problem solving. Our therapists help to rebuild trust and respect within the relationship.



## Domestic Abuse Program (Project S.A.R.A.H.)

Our Domestic Abuse Program, Project S.A.R.A.H. (Stop Abusive Relationships At Home), provides comprehensive services which include counseling, case management, and resource information to support victims of domestic abuse and their families. We strive to educate teenagers about creating healthy relationships so that they themselves do not become victims or perpetrators of domestic abuse. We also raise awareness of the fact that domestic abuse occurs in all communities, regardless of race, ethnicity, religion, sexual orientation, or socioeconomic status.

## Support Groups

Individuals who are experiencing stressful transitions or difficult periods in their lives often benefit from the emotional comfort and moral support that comes from peers going through similar circumstances. Support groups enable participants to make connections and share their feelings. Our groups focus on topics such as addiction recovery, anger management, caregiver support, surviving separation, grief support, and vocational services. As we become aware of new needs in our community, we are responsive and offer groups accordingly.

## Adoption

We work in partnership with the Open Arms Adoption Network to facilitate domestic adoptions and to assist families who wish to adopt internationally. Open Arms is licensed under JFCS of Greater Philadelphia and provides a full range of adoption services in New Jersey and Pennsylvania. The domestic program of Open Arms is dedicated to facilitating child-centered open adoptions in which the birth and adoptive families establish mutually acceptable expectations for the future.