



JEWISH FAMILY SERVICE

BINAH* CANCER SUPPORT SERVICES

***Connecting women to their inner wisdom**

BREAST AND OVARIAN CANCER SUPPORT GROUP

Integrating different therapeutic modalities to reduce stress and anxiety as well as increase overall well-being.

1st Monday of the month at 1:00pm

JFS 3, 16910 Dallas Pkwy #116 Dallas, TX

CANCER SURVIVORS SUPPORT GROUP

Open to any woman who has experienced cancer, this group is an opportunity to discuss ways to cope and to find ways to live each day as fully as possible.

4th Wednesday of the month at 1:00pm

Temple Emanu-El, 8500 Hillcrest Ave. Dallas, TX

COUPLES WORKSHOP

This workshop is offered to help couples increase communication, friendship, and love in their marriage. Based on John Gottman's research on building the friendship in marriage.

2nd Tuesday of the month at 6:30pm

JFS 3, 16910 Dallas Pkwy #116 Dallas, TX

SOUL GROUP

This women's group offers spiritual growth through Torah concepts for breast and ovarian cancer survivors.

3rd Monday of the month at 1:00pm

JFS 3, 16910 Dallas Pkwy #116 Dallas, TX

JOURNALING WORKSHOP

This workshop serves as a place where members can free-write, discuss personal concerns and feel safe to express their feelings. Each workshop offers new topics to journal about and share insights.

2nd Monday of the month at 1:00 pm

JFS 3, 16910 Dallas Pkwy #116 Dallas, TX

MODIFIED YOGA WITH MEDITATION

Specifically designed for cancer survivors, this yoga class utilizes pain-free techniques, guided imagery, decompression, breathing, and stretching to promote health and well-being.

Tuesdays at 2:30pm and Thursdays at 1:00pm

JCC in the Mind & Body Room

7900 Northaven Rd. Dallas, TX

Facilitated by Beth Broodo, MS, LPC, RYT. Binah Cancer Support Services integrate psychology and Jewish perspective. For more information and for registration, email Beth Broodo at bbroodo@jfsdallas.org.

Suggested donation of \$18 per session.



Jewish Family Service of Greater Dallas

Binah Cancer Support Services



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