

RUTH & NORMAN RALES JEWISH FAMILY SERVICES (JFS)

JFS offers affordable counseling and mental health services to individuals and families in a caring, comfortable and therapeutic environment.

Our outpatient level of care requires that individuals are emotionally and physically stable enough to engage in weekly psychotherapy and not actively abusing substances. If the individual is not currently psychiatrically stable or engaged in the initial stages of recovery, we do refer to our community partners for the appropriate level of treatment necessary to best meet the needs of the individual. Although we are not known as a substance abuse treatment agency, the current national epidemic of opioid abuse and the devastating effect it can have on the family has become more evident in our practice. We are committed to helping the family understand and cope with the issues and stress that coincide with substance abuse within the family.

JFS is committed, along with community leaders and our partners, to addressing the needs of the community through substance abuse education, awareness and prevention programs and ongoing support for individuals and families. For more information call: 561-852-3333 or visit www.ralesjfs.org

AMUDIM COMMUNITY RESOURCES

Amudim has only one goal: to support those in crisis on their journey back to normalcy through the pillars of kindness, support, sensitivity, understanding and respect. Our professional staff and volunteers undergo rigorous and continuous training to ensure the best possible outcome in every situation.

We serve as a primary database of services, using our own vast resources as well as referrals to other appropriate organizations and social service agencies. For more information call: 646-517-0222, email: help@amudim.org or visit: www.amudim.org

THE JEWISH RECOVERY CENTER

The Jewish Recovery Center (JRC) is a place where addicts who are fighting the same battle can count on emotional support and find a common bond in their Jewishness. It doesn't matter if you're observant, unaffiliated or somewhere in between – the JRC is there for you. We work with individuals and their families helping to guide them on their journey to wellness.

Each Friday the JRC sponsors a Recovery Shabbat Dinner. What starts as formal dinner, ends with sharing, learning and laughing. **Recovery Shabbat Dinner is at 7:30pm every Friday night at Chabad of Boca Raton 17950 Military Trail Boca Raton, FL 33496. To RSVP call 561-450-5503.** Jewish Recovery Center- Rabbi Meir Kessler- 561-717-8136 - For more information and schedule of events please visit: www.soberjew.com

ALCOHOLIC ANONYMOUS – SOUTH PALM BEACH COUNTY INTERGROUP

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership. A.A. is not aligned with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. **24 Hour Hotline** – 561-276-4581; <http://aainpalmbeach.org/>

AL-ANON

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. Phone: 888-425-2666; www.southfloridaal-anon.org

ALATEEN

Alateen, a part of the Al-Anon Family Groups is a fellowship of young adults whose lives have been affected by someone else's drinking. By attending Alateen, teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues.

NARCOTICS ANONYMOUS (NA)

NA is a fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

We are not affiliated with any other organizations, have no initiation fees or dues, and not connected with any political, religious, or law enforcement groups. Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion. Phone: 844-623-5674; <http://sfrna.net/>

NAR-ANON

Nar-Anon is a fellowship for families and friends of addicts whose lives have been or are being affected by someone else's addiction. The Nar-Anon Family Group is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone near to you. When you come into the family group, you are no longer alone but among friends who understand your problem as few others could.

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a Twelve-Step Program, we offer help by sharing our experience, strength, and hope. The only requirement for membership is that there is a problem of addiction in a relative or friend. Our program of recovery uses our Twelve Steps, Twelve Traditions, and Twelve Concepts. 888-947-8885; www.nar-anon.org

S.M.A.R.T. RECOVERY

SMART Recovery (Self-Management and Recovery Training) is an international non-profit organization which provides assistance to individuals seeking abstinence from addictive behaviors. The approach used is secular and scientifically based using non-confrontational motivational, behavioral and cognitive methods. Meeting participants learn recovery methods derived from evidence-based addiction treatments. Substance/activity dependence is viewed by the organization as a dysfunctional habit (rather than a disease), while allowing that it is possible that certain people have a predisposition towards addictive behavior. Toll free: 866-951-5357, www.smartrecovery.org

LOCAL MEETING INFORMATION

ALCOHOLIC ANONYMOUS – LOCAL SYNAGOGUE MEETINGS

Location: B'nai Torah Congregation (Educational Social Center)
Address: 6261 S.W. 18th St., Boca Raton, FL 33433
Every Monday at 7:30 pm

Location: Congregation B'nai Israel - (For Professional Women)
Address: 2200 Yamato Road, Boca Raton, FL 3343, Room 302
Every Monday at 6:30 pm

Location: Congregation Shaarei Kodesh
Address: 19785 Hampton Dr. #4, Boca Raton, FL 33434
Every Monday at 7:30 pm (Regular Meeting)
Every Thursday at 7:00 pm (Open Speaker Meeting)

Location: CHABAD of Boca Raton
Address: 17950 Military Trail, Boca Raton, FL 33496
Every Monday at 7:00 pm & Every Saturday at 9:30 pm

Location: Temple Shaarei Shalom (Room #203)
Address: 9085 Hagen Ranch Road, Boynton Beach, FL 33472
Every Monday at 7:30 pm (Women's Meeting)
Every Monday at 7:30 pm (Men's Meeting)
Every Tuesday at 7:30 pm
Every Thursday at 7:30 pm

AL-ANON – LOCAL SYNAGOGUE MEETINGS

Location: Congregation Shaarei Kodesh - **Support Group for families of alcoholics by "Boca Butterfly"**
Address: 19785 Hampton Dr. #4, Boca Raton, FL 33434
Every Sunday at 7:00 pm – Newcomers Meeting
Regular Meeting begins at 7:30 pm on Sunday

Location: Boca Raton Synagogue
New Al-anon beginners meeting for those with a family member or friend struggling with alcohol or substance abuse issues.
Address: 7900 N Montoya Cir, Boca Raton, FL 33433
Every Wednesday at 8:00 pm in the Petrover Board Room

OTHER GROUPS

Location: Boca Raton Synagogue
Coping with Family Members with Compulsive Behaviors/Managing Delicate Relationships
The group focus will be developing healthy ways to navigate delicate relationships. If you have a child or spouse that is struggling with compulsive behaviors, you will have the opportunity to share with and learn from others practical ways to assist.
Address: 7900 N Montoya Cir, Boca Raton, FL 33433
Every Monday at 7:00 pm – Classroom 104/105
Facilitated by Moshe Yachnes, LCSW