

JFS CARES

Community Awareness Resources and Education for Substance Use Issues

LOCAL SUPPORT GROUP INFORMATION

(As of 01.01.20)

ALCOHOLICS ANONYMOUS

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
ADDRESS: 2200 Yamato Road, Boca Raton, FL 33433, Room 302
Every Monday at 6:30 pm (For Professional Women)

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
ADDRESS: 9085 Hagen Ranch Road Room #203,
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

EATING DISORDERS ANONYMOUS

LOCATION: Congregation Shaarei Kodesh
ADDRESS: 19785 Hampton Drive, #4
Boca Raton, FL 33434
Every Wednesday at 7:00 pm

AL-ANON

LOCATION: JCC Building-Parent Sunshine Group II
ADDRESS: 8500 Jog Road, Boynton Beach 2nd floor
Boynton Beach, FL 33476
Every Monday at 7:00 pm – Parent Focus Meeting

LOCATION: Temple Sinai
ADDRESS: 2475 W. Atlantic Avenue,
Delray Beach, FL 33445
Every Tuesday night at 7:00 pm
Every Wednesday night at 7:30 pm

LOCATION: CHABAD of West Boca Raton
ADDRESS: 19701 State Road 7
Boca Raton, FL 33498
Every Monday at 7:30 pm



Ruth & Norman Rales
Jewish Family Services
Help. Hope. Humanity.

Ruth & Norman Rales Jewish Family Services (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. We are committed to helping the family understand and cope with the issues and stress that coincide with substance use within the family. JFS is committed, along with community leaders and our partners, to addressing the needs of the community through education, awareness and prevention programs surrounding substance use. For more information call: Sharon Burns-Carter, JFS Substance Use Outreach Coordinator at 561-702-7603 or e-mail: SharonB@ralesjfs.org.

OTHER GROUPS

JFS
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Jewish Recovery Center

The Jewish Recovery Center (JRC) is an organization based in Boca Raton that strives to help those with substance use disorder and their families live a life of recovery with Jewish context and enrichment. Kosher meals are served on Friday evenings (Shabbat dinner) and holidays. **Contact: Rabbi Meir Kessler-561-717-8136 or Visit: www.soberjew.com**

You Are Not Alone! Free Family Support Group

Free, professionally led weekly family support group. Open to the Jewish Community for anyone who has a loved one struggling with addiction. **Call Alpert JFS at 561-684-1991 for additional information.**

G.R.A.S.P.

(Grief Recovery After Substance Passing) Open to families of loved ones who have passed due to accidental drug poisoning. www.grasphelp.org. **Boca Raton Chapter, contact alexgrasphelping@gmail.com.**

MINHAG

Ongoing workshops for people in recovery and their families. Held at Congregation Shaarei Kodesh. **Contact 561.757.3984 or kati@shaareikodesh.com.**

SUPPORT GROUPS-NATIONAL CONTACT INFORMATION

Alcoholics Anonymous (AA)

AA 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.

National website: www.aa.org. National phone number: 212-870-3400

In Palm Beach County: www.aainpalmbeach.org. 24 Hour Hotline – 561-276-4581

Al-Anon & Alateen

Al-Anon and Alateen are mutual support programs 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 or national WWW.AFG.ORG

Families Anonymous

Families Anonymous is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems.

Contact: 800-736-9805. Visit: www.familiesanonymous.org

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.

National Contact: 844-623-5674. Visit: www.na.org. Palm Beach County Website: www.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.

Contact: 888-947-8885. Visit: www.nar-anon.org

S.M.A.R.T. Recovery

SMART Recovery (Self-Management and Recovery Training) helps people recover from all types of addictive behaviors by teaching how to change self-defeating thinking, emotions and actions; and to work towards long-term satisfactions and quality of life.

Contact: 866-951-5357. Visit: www.smartrecovery.org

J.A.A.N.

(Jewish Addiction Awareness Network)

Understanding addiction from a Jewish perspective. Connecting Jewish Communities nationally through education, prevention and awareness.

Visit: www.jaanetwork.org

S.A.M.H.S.A

(Substance Abuse and Mental Health Services Administration)

Features a comprehensive website focusing on substance use and mental illness resources.

Visit: www.samhsa.gov

Ruth & Norman Rales Jewish Family Services:
21300 Ruth & Baron Coleman Blvd., Boca Raton, FL 33428
Phone: 561.852.3333 | Email: info@ralesjfs.org | Visit ralesjfs.org