

the *Hand in Hand* program

A program of Jewish Social Services in partnership with Madison synagogues and other Jewish organizations.

*May we soon know a time of
complete healing, a healing of the
spirit and a healing of the body.*

—Mi Sheberach prayer

Madison's *Hand in Hand* program provides and coordinates services and resources within the Madison Jewish community to individuals experiencing life challenges, loss, illness, dying, and grief. Hand in Hand provides people with various forms of support and healing through Jewish traditions and ritual.

Support Groups and Workshops

Groups and workshops incorporate Jewish values and traditions. Topics may include bereavement, caregiving, life transitions, living with disabilities, and chronic illness.

Bikur Cholim (visiting the sick)

Hand in Hand prepares volunteers to visit and offer support to those who are experiencing physical, social, or emotional challenges.

Training and Education

Hand in Hand provides training on issues relating to illness and loss for Rabbis, other professionals, and volunteers in the caring community.

Jewish Recovery Network (JRN)

The JRN is a group of individuals with alcohol or other drug dependencies. Monthly meetings provide a confidential gathering place to those who feel a need for Jewish support and direction. It is an adjunct to other recovery programs. Call Shelly at 256-5030, or Lauren at Jewish Social Services, 278-1808 ext. 27.

Shabbat Program for individuals residing in senior facilities

Held monthly at senior living facilities, Shabbat gatherings provide a spiritual and cultural program with traditional music and blessings for the residents and their families.

Healing Services

Community wide healing services utilize Jewish resources to provide spiritual comfort, strength and support to individuals and their families experiencing illness or emotional trauma.

Meditation and Yoga

Offered from a Jewish perspective, these groups provide tools for reducing stress in everyday life. They introduce participants to the power of faith, spirituality, and meditation.

Resource Library

The library contains books, articles, music/meditation tapes, and lists of resources. The library is housed at JSS and is accessible to all.

If you or anyone you know could benefit from the Hand in Hand program, contact the Hand in Hand Program Coordinator at Jewish Social Services at 608-278-1808. All communication will be held in strict confidence.

Help Make a Difference

Hand in Hand brings together volunteers from synagogues, JSS, and other Jewish organizations and prepares them to provide support based in Jewish tradition. Volunteering may be done individually, with friends, or as a family. Volunteers may give as little or as much time as they can.

Contact the Volunteer Coordinator at JSS 608-278-1808.

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