

Jewish Bereavement Counselling Service (JBACS)
c/o Maurice & Vivienne Wohl Campus
221 Golders Green Road
London
NW11 9DQ

Where will I see my counsellor?

Counselling can take place either in your home, an agreed venue, by telephone, or online.

JBACS offers counselling to:

Children, adults, families, couples and groups.

JBACS Support Groups

A group can be very helpful following a bereavement, in particular being with others who share similar experiences.

Groups include:

- **BEREAVEMENT DURING COVID19** - The Impact of the Covid19 Pandemic on Bereavement, Grief and Mourning
- **BEREAVED PARENTS** - For parents bereaved of adult children
- **STRONGER TOGETHER** - For people (60+) who have lost a partner
- **STEPPING STONES** - For people (40 - 60 years of age) who have lost a partner
- **AFTERSHOCK** - For young adults (18 - 30 years of age) coping with the loss of a parent
- **BUTTERFLIES** - For young mothers or fathers of young children who have themselves lost a parent

 I feel as though part of me is missing 

For

- Donations
- Volunteering
- Correspondence

Please contact us:

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221 Golders Green Road
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NW11 9DQ

020 8951 3881

enquiries@jbacs.org.uk
www.jbacs.org.uk

Registered Charity Number 1047473
Designed by Inspire www.youinspire.me.uk

HELP IN BEREAVEMENT

No one told me it would be like this...

Why Bereavement Counselling?

The death of someone close can be devastating. It may affect people profoundly, and be overwhelming.

Most people need support following bereavement, and often family, friends and community can meet this need. However, there are times when it may be helpful to talk in confidence to a counsellor who has training in the issues of grief and loss. The counsellor is there to listen, care and understand and is not emotionally involved.

Counselling may assist you in understanding your feelings, and identify additional support.

Counselling will try to help you to explore your difficulties, and find strengths within yourself.

Counselling is private and confidential.

 **A safe place to talk** 

Why a Jewish Bereavement Service?

A Jewish service can be sensitive, aware and knowledgeable by understanding the social, cultural and religious needs within a Jewish context. (Charedi counsellors available)

Why do I feel this way?

Your bereavement is unique to you. Anger, sadness, guilt, helplessness, anxiety, loneliness, exhaustion, shock, confusion, numbness and relief are all natural reactions.

You may experience some, all or none of these, but the intensity may leave you feeling you are not managing everyday life in the way that you would like.

Could seeing a counsellor help me?

Our counsellors have comprehensive training and knowledge in the issues of grief and loss. They see people at all stages of life, from childhood to old age.

Our counsellors have experience in supporting people affected by loss, including suicide, disaster, Holocaust issues, sudden infant death, miscarriages, still birth and abortion. They see adults and children individually – also families, couples and groups.

Our counsellors see people from the entire spectrum of Jewish practice and observance.

JBCS is a member of the British Association of Counselling and Psychotherapy, and is bound by its Ethical Framework for Counselling Practice. Our service consists of a team of volunteer counsellors who are professionally supervised.

For how long will I see the counsellor?

An appointment will be made for an initial session. You will normally see your counsellor weekly at a time convenient to you and your counsellor.

Following that, the number of sessions will be decided between you and your counsellor, to meet your individual needs.

What does it cost?

Clients are asked to make voluntary contributions towards the regular cost of sessions. These contributions will vary according to the client's situation, and no one is turned away for financial reasons.

JBCS depends on donations from individuals and charitable trusts to maintain an ongoing and professional service.

 **Why has this happened to me?** 

I wish to support the work of JBCS with a donation of:

£1,000 £500 £100
 £50 £25 Other £ _____



Pay By phone - Contact the office on 0208 951 3881 (Mon-Thu 9.00 – 17.30), or leave a message on our answerphone

JustGiving

Pay through Just Giving:
www.justgiving.com/jewishbereavement/donate



Pay through PayPal – you can make a direct donation using this safe online system (no previous account needed)



Using the Post – Please make your cheques or charity cheques payable to: JBCS, 221 Golders Green Road, London, NW11 9DQ



Will/Legacy and Standing Orders - To donate on a regular basis or to leave a legacy, please contact the office on 0208951 3881 or enquiries@jbc.org.uk



To mark a celebration - To donate in memory or to mark a celebration – Please contact the office directly



Volunteering - To volunteer as a fundraiser/administrator/counsellor, please contact me.

Name _____

Address _____

Postcode _____

Telephone _____ Email _____

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I wish that the charity treat all donations I have made for this tax year, and the four years prior, and all donations made henceforth until I notify you otherwise, as Gift Aid donations. I confirm I will pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity claims on my donations in the appropriate tax year.

Signed _____ Date _____

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