



JFS Rochester helps people build stronger emotional, physical, and financial well-being, supporting greater independence and stability along the way. We believe everyone deserves to be treated with dignity and have access to the support and opportunities they need to thrive. With the exception of services provided by The Counseling Center, all JFS Rochester programs are available at no cost to anyone who needs them. "For Good. For All." reflects our commitment to being here for everyone when support is needed most.



Visit our website for more information.

JFS ROCHESTER PROGRAM		SERVICES OFFERED	WHO WE SERVE
AGING SERVICES	Caregiver Support	Supporting caregivers by helping to reduce stress through counseling and emergency financial support.	Caregivers for older adults
	EISEP Aging Care Management	EISEP provides care management, subsidized home care, and other services to help older adults delay higher levels of care that require Medicaid support.	Adults 60+
	The NORC at Ellison Park	The Naturally Occurring Retirement Community uses an innovative model for 60+ residents to age in place.	Ellison Park residents 60+
	JFS Aging Care Management	Our care managers work closely with older adults and their families on customized care plans and provide resources to help them live safely independent in their homes for as long as possible.	Adults 55+
	Holocaust Survivor Support	JFS supports local Holocaust survivors with care management, counseling services, social programming, and access to emergency supports including medical, transportation, homecare, home repair, utilities, and food.	Monroe County Holocaust survivors
ESSENTIAL SERVICES	Brighton Food Cupboard	Provides food deliveries to people in four zip codes spanning Brighton, Henrietta and the east side of the City, including Kosher, vegetarian, and gluten-free options.	Any JFS client and residents in 14607, 14610, 14618, 14620
	Housing Stability Services	Helps people facing housing instability access resources, support, and connections that provide housing-focused guidance before challenges become crises.	Monroe County residents in need of housing support
	The Holiday Basket Program	With distributions for select Jewish holidays, Thanksgiving, and Christmas, this program helps ensure that everyone in our community has access to culturally-appropriate holiday food and basic necessities.	BFC clients and any Jewish resident of Monroe County.
JFS Rochester Helpline Monday - Friday, 8:30 am - 5:00 pm 585-461-0114 helpline@jfsrochester.org			
JEWISH-FOCUSED Y SERVICES	Holocaust Survivor Support	JFS supports local Holocaust survivors with care management, counseling services, and access to emergency and quality-of-life supports including medical, transportation, emergency homecare, and food.	Monroe County Holocaust survivors.
	The Generations Program	The Generations Program connects survivors, second generation families, and our entire community by honoring the enduring legacy of Holocaust Survivors and supporting the evolving needs of their loved ones.	First and second generation survivors
	Jewish School & Childcare Counseling	The Counseling Center at JFS includes on-site counseling to meet the social, emotional, developmental, and mental health needs of children and youth at Jewish Day schools, religious schools, and Jewish childcare centers.	Students & families at participating organizations
	Kosher Food Delivery	Ensures Jewish community members in need of food assistance have access to Kosher options.	Any Jewish member of the Rochester Community
	Jewish Holiday Baskets	Home delivery of meals specially prepared for Rosh Hashana, Chanukah, and Passover.	Any Jewish member of the Rochester Community



At the Counseling Center at JFS Rochester, we’re here to support your mental health and well-being, no matter what you’re facing. Whether for yourself, your child, or your family, our compassionate team provides personalized care across the lifespan—welcoming everyone, regardless of age, race, faith, or circumstance. We are able to provide telehealth, in office, in home, or in school services for children at religious schools or daycare centers. We offer a wide range of models of care, accept most insurance plans – including Medicaid – and provide a generous sliding scale fee schedule with additional need-based discounts.

 counseling@jfsrochester.org

 **585-506-3060**

 www.jfsrochester.org/the-counseling-center-at-jfs

COUNSELING SERVICE	WHAT WE HELP WITH		HOW WE HELP	
Child & Adolescent Counseling Evidence-based approaches help children and adolescents develop coping skills, improve relationships, and manage difficult emotions like stress, anxiety, and trauma.	• Anxiety • Depression • Skills to Manage Stress	• Trauma / PTSD • Self-Esteem • Grief & Loss	• Cognitive Behavioral Therapy (CBT) • Trauma Focused CBT • School-Based Services	• EMDR • Brainspotting • Accelerated Resolution Therapy
Individual/Couples Counseling Our team of licensed therapists provides a safe and supportive environment for people of all ages to explore and resolve their unique challenges.	• Anxiety • Depression • Skills to Manage Stress • Relationship Issues	• Trauma / PTSD • Self-Esteem • Grief & Loss • Caregiver Challenges	• Cognitive Behavioral Therapy (CBT) • Trauma Focused CBT • Mindfulness-Based Stress Reduction	• EMDR • Brainspotting • Accelerated Resolution Therapy
Play Therapy A therapeutic approach helping children ages 3-10 build stronger relationships, increase self-esteem, and develop positive coping skills.	• Anxiety • Depression • Behavioral Issues	• Trauma / PTSD • Grief & Loss • Communication	Through play, art, and creative activities, our therapists help children explore emotions, process life’s challenges, and develop healthy ways to cope.	
Counseling for Older Adults Aging counseling services are tailored to the unique needs of older adults and their families so they can find support, relief, and renewed hope for the future.	• Anxiety • Depression • Relationship Issues	• Trauma / PTSD • Grief & Loss • Caregiver Challenges	• Cognitive Behavioral Therapy (CBT) • Trauma Focused CBT • Mindfulness-Based Stress Reduction	• EMDR • Brainspotting • Accelerated Resolution Therapy
The Nurture Program Nurture is a free, home-based, peer support program that can improve the mental health and well-being of new parents and their families. Contact Shawna Peterson at 585-380-6082 for more information.	• New Parent Overwhelm • Practical Tips • Isolation	• Rest • Life Transition	Every family receives support tailored to their unique needs, from companionship and practical help, helping parents feel more confident and connected. Parents remain present during all visits.	



Schedule a free 15-minute consultation



If you have clients who need counseling services, refer with confidence using our secure form