



# HJFS ANNUAL REPORT

2021 - 2022



# HJFS

HAMILTON JEWISH FAMILY SERVICES



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# Executive Director's Report

Dear Friends,

Since July 2022, I have been privileged to lead HJFS as its Executive Director. More importantly, though, I have been welcomed into this rich and vibrant community, and part of a truly caring family.

Reflecting on the past three months, I am enormously grateful to be part of such an impactful organization making a difference in the lives of so many. I have been touched by the kindness and generosity of our staff, volunteers, Board and community. I have been moved by the resilience of our Seniors and our clients. I have been inspired by the Jewish community, through its values and traditions.

Before I joined the team at HJFS, I also worked in not-for-profits. I spent ten years at Brock University Student's Union as a Director and most recently Programs Manager with The Mississauga Food Bank, which further galvanized my will to work in social services. With a degree in Sociology and Certificate in Not-for-Profit Leadership from Brock University, my educational and work background has prepared me well to join HJFS. My recent work in food insecurity at TMFB activated my passion for advocacy and poverty reduction and that passion led me to HJFS, where I am able to bring my unique qualities, business skills, and lived experience to build on the impactful legacy of those before me.

I recently read about Tikkun Olam which says "if you see what needs to be repaired and how to repair it, then you have found a piece of the world that God has left for you to complete". I am immensely grateful that my path led here to be with you, to do this work together to make the world a little more just, peaceful, tolerant and kind.

In closing, I want to thank you for welcoming me, and helping our agency to flourish. I also want to thank Alexis Wenzowski and the woman with the biggest shoes (Carol, z"l), the most committed (and fun) Board of Directors, supportive committee members, engaged volunteers, and, of course, my Team. Thank you for having me!

Sincerely,

*Heather*

**Heather McLean**  
Executive Director



*My son Jagger and I, Summer 2022*

# Farewell to Alexis

After an incredibly impactful three years, Alexis Wenzowski passed the torch and moved on from HJFS, leaving a significant legacy behind her. Alexis can be enormously proud of what she and the team achieved together. During her tenure, HJFS mental health counselling program launched. Community Gardens were planted, food was delivered, and wellness programs happened.

Through all the uncertainty, these programs and services were delivered with kindness, care and a sense of togetherness.

It is with this togetherness that we will carry forward the strong spirit of mutual aid and support that was cultivated during the pandemic, the spirit that she instilled and inspired. We wish Alexis all the best.



*Be Safe.  
Be Well.  
Be Kind.*

A.W.



**ABOUT**

**HJFS**

# ABOUT HJFS

Founded in 1929, HJFS is a multi-service agency that offers supports to those in need. While our agency is grounded in Jewish values and traditions, our supports are inclusive of all populations and peoples.

We have two office locations - one in Dundas (30 King Street East) and another in Hamilton (1605 Main Street West). Both locations are open Monday thru Thursday (9 - 4:30), with the exception of civic holidays and Jewish holy days.

To learn more, please visit [www.hamiltonjfs.ca](http://www.hamiltonjfs.ca).



## MEET OUR BOARD

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**Chair:**

Hanna Schayer

**Vice-Chair:**

Cindy Mark

**Secretary:**

Gord Garshowitz

**Treasurer:**

Greg Matusovsky

**Directors:**

- Carol Adler
- Mel Enkin
- Laura Herman
- Geraldine Katz
- Clareta Schoenberg
- Andrea Zians

**Board Meetings:**

Board meetings occur on the first Tuesday of the month.

"WHEN YOU FEED STRANGERS, YOU SOMETIMES FEED ANGELS" - YIDDISH FOLK EXPRESSION

# MEET OUR BOARD



## **HANNA SCHAYER**

Hanna is a long-time community volunteer, with a passion for making the world just and kind. She is known for her wonderful singing voice, knowledge of social justice, and commitment to others. Hanna can be found spending time with her family, or learning about ninjas from her grandson.



## **CINDY MARK - VICE-CHAIR**

Cindy is the Vice-Chair of the HJFS Board of Directors, and also chairs the Food Security Committee. Cindy is committed to volunteering in our community, and is often found helping out at Out of The Cold. She firmly believes the HJFS Board is the most fun Board she has ever been part of.



## **GORD GARSHOWITZ - SECRETARY**

Gord grew up in Hamilton, and returned after many years in Toronto. Gord is a retired Educator, Coach, and Administrator. He has served as President for his synagogue, and other organizations, including the North York Secondary Schools Association.



## **GREG MATUSOVSKY - TREASURER**

Greg brings to HJFS his quiet sense of humour, along with his expertise in financial management. He currently chairs the Finance and Audit Committee. He can be found - outside of work and HJFS - spending time with his family.



## **CAROL ADLER - DIRECTOR**

Carol serves on the Governance, Personnel, and Advocacy committees. She also volunteers for several other community organizations. She is an avid gardener.

# MEET OUR BOARD

"Being involved with HJFS has shown me that an adage taught to me by a close friend rings true..."we should not give to our Community until it hurts but rather we should give until it feels good". - MEL ENKIN



## **MEL ENKIN – DIRECTOR**

Mel and his wife, Pearl, reside in Dundas, and are blessed with three children and numerous grandchildren. Mel has served on numerous committees at HJFS. He is also involved in Beth Tikvah and other community organizations.



## **LAURA HERMAN – DIRECTOR**

Laura Herman (EdD) is the Director of Program and Evaluation at JPro, an organization that runs professional development programming for Jewish community professionals across the United States and Canada. Originally from Mississauga, Laura moved back to Hamilton with her family three years ago. She enjoys hiking, spending time outdoors, and playing Legos with her children.



## **GERALDINE KATZ – DIRECTOR**

Geraldine, originally from New York, joined the HJFS Board of Directors in 2021. Geraldine has a background in community service, along with the Arts. Geraldine can be found leading our J-Walk program every Monday.



## **CLARETA SHOENBERG – DIRECTOR**

Clareta is devoted to building a better community. She is involved with numerous community agencies. She is noted for her kindness, great sense of humour, and dedication to helping others. She and her family reside in Dundas.



## **ANDREA ZIANS – DIRECTOR**

Andrea has known HJFS for her entire life. She, like her parents, has embraced the value of chesed, and believes in creating transformative change. Andrea is also the only HJFS Board member currently pursuing a PhD!

# OUR VALUES

Our Jewish values frame everything we do. They are embodied in each action we take. Our values are **Respect, Solidarity, Peace in the Home, Communal Responsibility, Honouring Our History,** and **Love Your Neighbour as Yourself.**



## OUR COMMITTEES

**Finance and Audit Committee**

**Financial Assistance Committee**

**Food Security Committee**

**Fundraising Committee**

**Governance Committee**

**Personnel Committee**

**Advocacy Committee**

**Wine Tasting Sub-Committee**

**Older Adults Mental Health  
Advisory Group**

**Smaller Communities Engagement  
Working Group**

"THERE ARE NO PROBLEMS, ONLY OPPORTUNITIES FOR GROWTH - REBBETZIN DENA WEINBERG

# COMMITTEE REPORTS

**Finance and Audit Committee** - The Finance and Audit Committee met monthly to review the finances of HJFS. The committee also worked hard on developing policies to help guide the sustainability of HJFS.

**Financial Assistance Committee** - The committee has been hard at work over the last few years invigorating our standards and policies for financial assistance. We now have a solid working framework for reviewing cases and ensuring an all encompassing program to help get clients back on the road to independence. Our diverse committee membership helps ensure we view clients from a 360 perspective. We are proud of managing to work within our budget, while still ensuring clients get the help they need. Future plans include a review of the cost of living thresholds we use as guidelines, and putting thought into creative housing solutions for clients at greatest risk of homelessness.

**Food Security Committee** - Over the past year the food bank has seen an astronomical surge in usage. We have more than doubled our recipients each month when comparing the first few months of 2021 to the first few months of 2022. Our team of staff and volunteers have handled this with grace and compassion. They have found new avenues for food sources so that we are able to offer our non perishable items and meat as well as dairy, eggs and produce on a regular basis. They have been relentless in finding suppliers through food security networks where we are able to get these items either through memberships, grants or at a reduced rate. Without these efforts we would certainly be turning away recipients. Due to the current economic climate we can only see usage rising in the community.

We were able to offer Rosh Hashanah and Passover hampers to over 90 clients in the months of September and April. These hampers allowed our clients to feel that they could celebrate the holiday with all of the traditional foods and not be missing out because of food insecurity. Celebrating the holidays along with the rest of the community through food brings a level of dignity to our clients.

We were able to run a very successful community wide food drive in July to bolster our shelves. Our community gardens supplemented our clients orders and will continue to do so this summer.

We do have concerns about our growing numbers, along with the initiatives mentioned above we are continuing to seek other sources of revenue for the program. This has included some new grants, continued support from the Dundas Sunshine Rotary, seeking support from some of the smaller Jewish communities that we are serving and our internal fund-raising efforts. It seems that as our "little" agency has grown we have attracted attention from new generous donors and company's who have been willing to help support the need we are fulfilling.



# COMMITTEE REPORTS

**Fundraising Committee** - The Fundraising Committee met several times during the year to brainstorm and support fundraising efforts of HJFS. New fundraising efforts for the agency included the Mental Health Championship Month, along with the Big Yellow Bag fundraiser.



Support HJFS Community Gardens by ordering your garden soil or mulch. Vegetable's grown in the gardens are distributed to clients of the Kasher Food Bank.

ORDER NOW - SPECIAL DISCOUNT →

Save \$10 a bag (Order by April 30th)

Use our code **HAMJFS22** and **\$10** will be donated to HJFS.

1-855-424-4224 [WWW.BIGYELLOWBAG.COM](http://WWW.BIGYELLOWBAG.COM)



HAMILTON JEWISH FAMILY SERVICES

BE AN HJFS **MENTAL HEALTH** Champion!

THIS MAY, EACH DONATION OF \$10 OR MORE WILL ENSURE YOUR NAME IS ADDED TO OUR VIRTUAL WALL OF HJFS MENTAL HEALTH CHAMPIONS

By becoming an HJFS Mental Health Champion, you show your support our mental health counselling and group services for those in need

Visit [www.hamiltonjfs.ca](http://www.hamiltonjfs.ca) to donate or call 905-627-9922 x 23

**Governance Committee** - Reporting to the Board of Directors, the mandate of the Governance Committee is to facilitate the board's ability to fulfill its fiduciary duty to the organization. The Governance Committee ensures that there is a framework in place to maintain appropriate controls and protection of the organization. The Governance Committee ensures appropriate transparency, privacy and accountability measures are in place and followed.

The Committee, with the support of legal counsel, has drafted new by-laws for HJFS to comply with the Ontario Not-For-Profit Corporations Act (ONCA), which came into effect in October 2021. Corporations have until October 24, 2024 to draft and approve new by-laws. In addition, the Committee drafted new Letters Patent for the agency.

The Committee drafted the following during the past year for the Board's approval:

- Committee Terms of Reference: Personnel Committee, Advocacy Committee
- Policy Development: Kasher Food Bank Policy, Operating Contingency (Reserve) Fund Policy, Financial Management Policy, Vaccination Policy, Client Rights and Responsibilities.
- Updated Human Resources Manual

**Personnel Committee** - The Personnel Committee was formed to provide support, as needed, to the Executive Director for any staff issues that arose. It was, as well, the body which was responsible for the performance evaluation (we prefer the term "conversation"), contract negotiations and recruitment of the Executive Director. This year we have had to perform all three functions!

**Advocacy Committee** - The Advocacy Committee met surrounding issues relevant to the mandate of HJFS. The committee met on an as-needed basis.

"LOVING KINDNESS IS GREATER THAN ALL THE LAWS" - THE TALMUD

# COMMITTEE REPORTS

**Wine Tasting Sub-Committee** - The Sub-Committee worked hard to plan, organize, and execute our virtual event, "A Night Out In (Again)." This fundraiser, which featured delicious craft kosher beer and goodies, along with entertainment, a silent auction, and wine ordering, ended up raising more than \$50,000 for HJFS Food Security Programs. The event was tremendously successful, financially and all the participants enjoyed the goodies and the entertainment. Our challenge for next year will be how to provide a safe and fun program as we come out of COVID. Our numbers have grown and our space can't accommodate these numbers. A huge thank you to everyone who was involved in making this event a smashing success!

 HJFS PRESENTS <b>A NIGHT OUT IN (AGAIN)</b> 		
A VIRTUAL FUNDRAISER FOR CAROL'S <b>CUPBOARD: THE HAMILTON KOSHER FOOD BANK</b>		
<b>FEB 27</b> 2022 <small>STARTS AT 7PM</small>	<a href="http://WWW.HAMILTONFS.CA">WWW.HAMILTONFS.CA</a> <small>THANK YOU FOR SUPPORTING          HAMILTON'S JEWISH ACTION          AGAINST HUNGER</small>	EVENT TICKET
<small>FEATURING ENTERTAINMENT BY STEFANIE WAXMAN, SHILLOW BREWERIES, JACQUELINE GROSSMAN, CLINT RICE, AND          JAMES ALAN - MAGIC FOR GROWNUPS</small>		

PLEASE CLICK ON THIS IMAGE TO BE TAKEN DIRECTLY TO THE YOUTUBE PERFORMANCE.

THIS EXCLUSIVE EVENT IS TIME-LIMITED.

## THANK YOU PERFORMERS



**STEFANIE WAXMAN**

**JAMES ALAN: MAGIC FOR GROWNUPS**





**JACLYN GROSSMAN**

**SHILLOW BEER CO.**



**ALSO FEATURING CLINT RICE,  
 AND ALSO MARTY'S PICKLES**






**HJFS**  
HAMILTON JEWISH FAMILY SERVICES  

## SPECIAL GUEST

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MARTY'S PICKLES  


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*THANK YOU!!!*

FEBRUARY 27th,  
2022

## A NIGHT OUT IN AGAIN



## THANK YOU TO CAROL KRAMES Z"L

*Your loving kindness and compassion for all  
changed our world.*



# MEET OUR TEAM



"No one has ever become poor from giving"  
- Ann Frank



**Executive Director:**

Heather McLean

**Full-Time:**

Christine Nusca  
Jane Allen  
Lloyd Orson  
Mildred Rodriguez  
Rachel Bernholtz (Maternity Leave)

**Part-Time:**

Suresh Tharma  
Dina Honig  
Ella Pavlova  
Louise Klinghoffer  
Bonnie Nyp

**Contract:**

Gabriele McSween,  
RSW

To reach our team, we invite you to call 905-627-9922 or e-mail [info@hamiltonjfs.ca](mailto:info@hamiltonjfs.ca)

"WHO ACTS FROM LOVE IS GREATER THAN WHO ACTS FROM FEAR" - THE TALMUD

# OUR MISSION & VISION

**Our Mission:** Strengthening individual, family, and communal life in keeping with Jewish values and traditions.

**Our Vision:** To create an environment in which everyone has the capacity and resources to be self-sufficient, and engage in meaningful community life.



## OUR SERVICE AREAS

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POVERTY REDUCTION



SENIORS SUPPORTS



MENTAL HEALTH



LIFE NAVIGATION



# OUR SUPPORTERS



Kehila Heschel School



BETH JACOB SYNAGOGUE



Canada



Social services for Jewish Nazi victims have been supported by a grant from the Conference on Jewish Material Claims Against Germany



HJFS is grateful to receive funds from the Alfred Landecker Foundation, administered by the Conference on Jewish Material Claims Against Germany for the benefit of Jewish Nazi victims



## Our DONORS

## Our Volunteers



Herb and CeCe Shreiber Foundation  
George Lunan Foundation  
Bertram Foundation

# FINANCIAL HIGHLIGHTS



## OUR BUDGET

For 2021- 2022, the annual budget of HJFS was \$709, 501. A breakdown of support was:

- 47% contributed by Hamilton Jewish Federation
- 21% from government sources
- 32% from grants and fundraising



## CAMPAIGN CALL

The support of the Hamilton Jewish Federation is integral to our operations as an agency. To support the Hamilton Jewish Federation's Annual Campaign, please visit [www.jewishhamilton.org](http://www.jewishhamilton.org).

Funds raised through HJFS support community agencies like Hamilton Jewish Family Services.

**OUR ANNUAL AUDITED FINANCIAL  
STATEMENTS WILL BE SHARED AT OUR  
ANNUAL GENERAL MEETING (SEPTEMBER  
20TH)**

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**ANNUAL**

**HIGHLIGHTS**

# AGENCY HIGHLIGHTS OF 2021 - 2022

## Listed below are 54 Highlights (Chailights) of 2021 - 2022:

- 1.HJFS had its largest operational budget to date of
- 2.HJFS welcomed Laura Herman, Geraldine Katz, and Andrea Zians to the Board
- 3.HJFS welcomed Bayla Fishman, Debbie Strub, Judy Rochweg, Adrian Jaspan, and Alma Arguello to its committees
- 4.HJFS had its most successful fundraiser for the Hamilton Kosher Food Bank, A Night Out In (Again) to date
- 5.HJFS launched its Older Adults Mental Health Advisory Group - a collaborative working group of individuals with living experience, community partners, and HJFS staff
- 6.HJFS implemented its continued pilot Mental Health Counselling program with special project funding from the Hamilton Jewish Federation, Herb and CeCe Shreiber Foundation, and New Horizons funding from the Government of Canada
- 7.HJFS ensured all committee mandates were written and finalized
- 8.HJFS expanded to its second office location at J Hamilton
- 9.HJFS expanded its community gardens to Beth Jacob Synagogue
- 10.HJFS continued to receive the support of the Dundas Valley Sunrise Rotary Club through their community gardens
- 11.HJFS continued to partner with Hamilton Hebrew Academy, Kehila Heschel Community School, and the synagogues for community gardens
- 12.Beth Tikvah and Hamilton Jewish Federation, along with Kehila, began growing seedlings for the Hamilton Kosher Food Bank
- 13.Hamilton Jewish Federation provided more than \$10,000 of food in-kind to the Hamilton Kosher Food Bank
- 14.HJFS held its annual "Fill-A-Truck" food drive in the summer of 2021
15. HJFS held food drives in partnership
- 16.HJFS began receiving regular shipments of milk and eggs for the Hamilton Kosher Food Bank, thanks to the Hamilton Food Share
17. HJFS delivered 180 special holiday food hampers during Passover and Rosh Hashanah
- 18.HJFS monthly food hampers averaged 44.3 lbs of food provided per month
- 19.HJFS provided food security supports to an average of 90 clients per month
- 20.HJFS increased its Claims Conference Holocaust Survivor Homecare budget from \$100,000 (2020) to \$150,000 (2021) to \$200,000 (2022)
- 21.HJFS registered 3 additional Survivors with the Claims Conference to ensure additional supports
- 22.HJFS partnered with Adas Israel Synagogue (big thank you to Stefanie Waxman) for the Baskets of Compassion Initiative, which provided 22 thoughtful Passover hampers Holocaust Survivors
- 23.HJFS delivered 728 hours of support to Holocaust Survivors in the community
- 24.78 new clients received supports throuh the Mental Health programs
- 25.HJFS continued to engage community members through newsletter and social media
- 26.HJFS created and implmented Client Bill of Rights and Responsibilities
27. HJFS welcomed Lloyd Orson to Food Security Lead during Rachel Bernholtz's leave

# AGENCY HIGHLIGHTS OF 2021 - 2022

28. HJFS welcomed on a full-time Volunteer and Programming Coordinator, Mildred Rodriguez
29. HJFS said good-bye to dedicated team member, Aimee Wigley
30. HJFS welcomed Jane Allen in the role of Holistic Case Manager
31. HJFS provided training to two staff members in Seniors Mental Health First Aid
32. Our Community Mental Health Worker became able to supervise student social workers
33. HJFS ensured a safe planned re-entry for all staff, volunteers, and clients to in-person services
34. More than 1500 hours of programming and support given in the field of Poverty reduction
35. \$100,000 distributed to low-income families through the Financial Assistance Program
36. 6 clients transitioned off completely from the Financial Assistance Program
37. HJFS revamped its day program to become the HJFS Friendship Circle
38. HJFS Friendship Circle programs included Bingo, Cookie Decorating, and Russian language activities
39. HJFS Kibitz Corner delivered 142 hours of programming
40. HJFS provided 1560 client hours of mental health programming supports
41. HJFS held a virtual Food Waste Event with celebrity chef, Bob Blumer
42. HJFS held a talk with author Denise Davy on "Her Name Was Margaret"
43. HJFS offered various workshops including Poverty in Hamilton II, Tax Help, and Mindfulness
44. HJFS launched a Peer Support Group for Men, facilitated by Barry Rosen
45. HJFS implemented its online human resources database, PartnerHR
46. HJFS engaged the ongoing services of HRConnect for human resources needs
47. HJFS renovated the Hamilton Kosher Food Bank to accommodate demand
48. HJFS launched its voice-over-internet phone system
49. HJFS participated in the virtual Jewish Disability Advocacy and Inclusion Day
50. HJFS participated in several advisory group sessions in the social services sector
51. HJFS had a volunteer contingent of more than 50 caring individuals
52. HJFS joined the Hamilton Food Share, McMaster Institute for Research on Aging, and Active Aging Canada
53. HJFS had a lot of fun together while doing hard - and important - work
54. HJFS continued to plan responsive programming into 2022 - 2023

OUR  
FOCUS

# POVERTY REDUCTION

We take a transformational approach to poverty reduction. We believe that by helping individuals to build their capacity while empowering them to fulfill their goals, we can help to mitigate the impact of poverty.

Our programs include:

- Financial Assistance
- Holistic Case Management
- The Hamilton Kosher Food Bank
- Community Gardens



## NOTABLE HIGHLIGHTS IN 2021 - 2022

- Provided \$100,000 of financial assistance to 40+ individuals struggling with the effects of poverty
- Transitioned 5 people off the Financial Assistance Program
- Provided workshops on Poverty in Hamilton, Income Tax Tips, Financial Budgeting, and more



# PROGRAM SPOTLIGHT: CAROL'S CUPBOARD: THE HAMILTON KOSHER FOOD BANK

Carol's Cupboard: The Hamilton Kosher Food Bank is a vital ethno-cultural food support for those in need. Carrying only food items which are kosher, our food bank places an emphasis on diet diversity and health. Our offerings include whole chickens, fresh produce, healthy grains, cereal, hygiene items, and more.



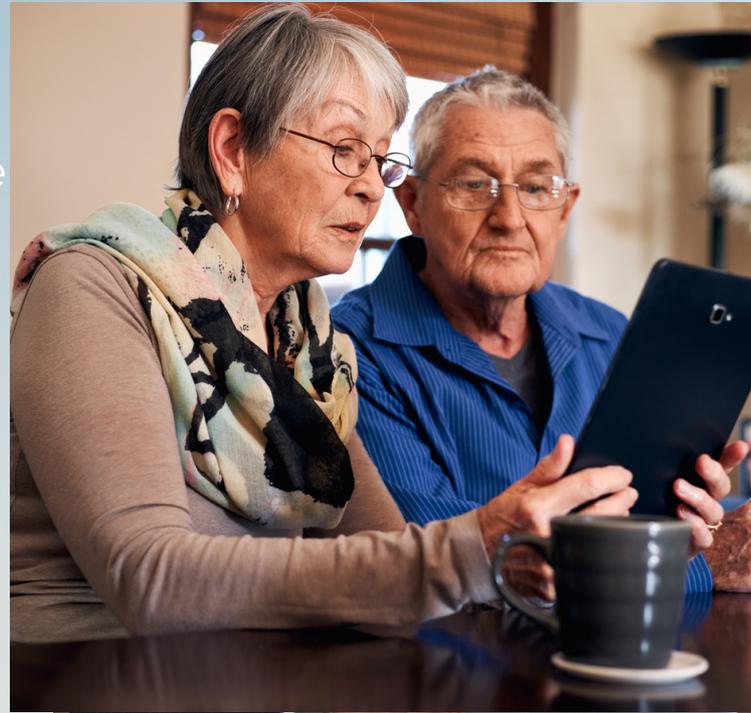
## NOTABLE HIGHLIGHTS IN 2021 - 2022

- Distributed 3500+ lbs of food per month
- Diversified offerings to include milk and eggs
- Became members of the Hamilton Food Share
- Joined their Link2Feed tracking system
- Provided 180 special Jewish holiday hampers at Passover and Rosh Hashanah
- Rewrote policies of food bank to ensure greater transparency and equality

# SENIORS SUPPORTS

Our Seniors Supports include:

- Kibitz Corner (Virtual and Phone Programming)
- HJFS Friendship Circle Day Program
- Claims Conference Supports for Holocaust Survivors



**SOCIALIZE AND LEARN WITH US**

**PHONE & ZOOM PROGRAMS**

**HJFS KIBITZ CORNER**

**55+ Programming offered Monday thru Thursdays. Includes social, educational, and wellness sessions that are free and accessible phone/ZOOM.**

**VISIT [WWW.HAMILTONJFS.CA](http://WWW.HAMILTONJFS.CA) TO LEARN MORE**

## NOTABLE HIGHLIGHTS IN 2021 - 2022

- More than 170 sessions of Kibitz Corner delivered by phone and internet
- Revamped HJFS Friendship Circle to include different volunteer opportunities for Seniors
- Provided delivery of meals to participants of HJFS Friendship Circle during lockdowns

# PROGRAM SPOTLIGHT: HOLOCAUST SURVIVOR SUPPORTS

HJFS receives funding from The Conference of Jewish Material Claims Against Germany (Claims Conference), by way of the Cummings Centre, to support aging Holocaust Survivors in our community.

These supports include:

- Assistance accessing homecare programs
- Providing funding for medical and assistive devices
- Providing financial assistance to Survivors struggling with the effects of poverty
- Providing ongoing case management
- Advocacy
- 



## HJFS HOLOCAUST SURVIVOR SUPPORTS

**We assist with applications to the Claims Conference, accessing Claims Conference programs, case management, and more**

**CALL: 905-627-9922 x 26**  
**EMAIL: JANE@HAMILTONJFS.CA**



## NOTABLE HIGHLIGHTS IN 2021 - 2022

- Assisted 3 Survivors with their applications to the Claims Conference
- Ensured more than \$150,000 in homecare supports were provided to Survivors in need
- Ensured low-income Holocaust Survivors received more than \$3500 in gift cards for food, prescriptions, and other vital items
- Partnered with Adas Israel Synagogue to provide Baskets of Compassion to Survivors

**"Bless you! Bless you! Bless you for caring about me." -  
HJFS Client**

# MENTAL HEALTH

Our Mental Health supports include:

- Individual Solution-Focused Counselling
- Therapeutic Groups
- Educational Workshops

Our Mental Health program was launched in 2020 in direct response to the COVID-19 pandemic. Since then, all services have been lead by our Community Mental Health Counsellor, Gabriele McSween.

All services are supported through donations and grants.



**MENTAL HEALTH SUPPORTS**

HAMILTON JEWISH FAMILY SERVICES

FEATURING THERAPEUTIC GROUPS, INDIVIDUAL COUNSELLING, AND WORKSHOPS; OFFERED VIRTUALLY AND/OR IN-PERSON

We take a strength-based perspective to work with you to develop skills, achieve goals, and connect you to additional supports. Common areas for support include Depression, Anxiety, Stress, Bereavement, Life Transitions, and more.

FOR MORE INFORMATION VISIT [WWW.HAMILTONJFS.CA](http://WWW.HAMILTONJFS.CA), CALL 905-627-9922 X 30, OR E-MAIL [INFO@HAMILTONJFS.CA](mailto:INFO@HAMILTONJFS.CA)

HAMILTON JEWISH FEDERATION #Here for Good

Jewish Centre for Mental Wellness, 1607 Main street West, Hamilton ON

## NOTABLE HIGHLIGHTS IN 2021 - 2022

- 1298 client interactions around mental health
- Created and led collaborative community Older Adults Mental Health Advisory Group
- Ran workshops including Mindfulness Levels 1 & 2, Managing The Winter Blues, and Gratitude
- Connected clients to additional supports including community psychiatrists, caregiving networks, and respite care

“Thank you so much for the support provided. Everything you give me feels special. I feel special.” - HJFS Client

GET  
GET

INVOLVED

# UPCOMING



**HAMILTON JEWISH FEDERATION**  
#HereForGood

## How to Propagate Plants for your Next Year's Garden

With Ines Rios

**Monday, October 3rd**  
**@ 11 am**  
**In person @J-Hamilton**  
**1605 Main Street West**  
**Register: [www.hamiltonjfs.ca](http://www.hamiltonjfs.ca)**

Prepare your 2023 Garden



**HAMILTON JEWISH FEDERATION**  
#HereForGood

## STRESS MANAGEMENT AND SELF CARE

Stressed out? Having trouble coping? Join us for a free informative workshop on how to manage your stress and learn helpful strategies for self care

**October 27th**  
**11 AM -12PM**

Host: **Gabriele McSween, RSW**  
Social Worker/Mental Health Counsellor  
Register: [www.hamiltonjfs.ca](http://www.hamiltonjfs.ca)

ZOOM MEETING



**HJFS**  
HAMILTON JEWISH FEDERATION  
#HereForGood

## J-WALK: WALKING FOR WELLNESS

*A Simple Walking Club for Individuals 55+*

**THE BASICS**

**When:** Every Monday,  
Beginning May 9th, at 10:30 a.m.  
(NO WALK IF RAINING)

**Where:** Meet at 1605 Main Street West,  
Hamilton (J Hamilton)

**Cost:** FREE  
Donations to Hamilton Jewish Federation encouraged)

To support amazing programs like this, donate at [www.jewishhamilton.org/donate](http://www.jewishhamilton.org/donate)

**REGISTER: [WWW.HAMILTONJFS.CA](http://WWW.HAMILTONJFS.CA)**

Please be sure to wear walking appropriate attire and shoes.  
It is suggested that you be able to walk 40 minutes at a moderate pace.

All COVID protocols in place. Registration is necessary.

TO REGISTER OR LEARN MORE ABOUT UPCOMING PROGRAMS, VISIT [WWW.HAMILTONJFS.CA](http://WWW.HAMILTONJFS.CA)

# VOLUNTEER WITH US



**WILL YOU JOIN US?**

**BECOME AN HJFS VOLUNTEER !**

CALL NOW FOR MORE INFO : 905-627-9922 X 31  
MILDREDR@HAMILTONJFS.CA [www.hamiltonjfs.ca](http://www.hamiltonjfs.ca)



These are just some of the volunteering opportunities available through HJFS.  
We would love to have you help.

**FRIENDLY CALLER. FOOD BANK CHAMPION. FOOD BANK DATA ENTRY. PROGRAMMER. GUEST SPEAKER. ARTS N' CRAFTS. FOOD BANK DELIVERY DRIVER. SOCIAL MEDIA ASSISTANCE. OFFICE HELP. SENIORS FRIENDLY HELPER.**



We welcome all people to get involved in our volunteering opportunities.

# DONATE TO HJFS



All donations of \$10 or over in a calendar year will be issued a tax receipt. Donations can be made by calling 905-627-9922 x 23, e-mailing [christinen@hamiltonjfs.ca](mailto:christinen@hamiltonjfs.ca) or by visiting our website:

[www.hamiltonjfs.ca/donate](http://www.hamiltonjfs.ca/donate)

Ways that we fundraise include the Annual Wine Tasting Event, Mental Health Champion Month, Tribute Cards, Designated Event Giving, and more. Ask us about the ways we fundraise; we are always looking for people to help us.

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## OTHER WAYS TO GIVE:

Some other ways you can give to HJFS include:

- Organizing a pop-up food drive with your Book Club or neighbourhood friends
- Bringing in your spare plastic grocer bags
- Donating your Optimum points to HJFS
- Knitting scarves and other wooly items for us to share
- Sharing our posts on social media
- Having an HJFS Facebook Birthday fundraiser
- Growing vegetables and fruits in your garden for HJFS
- Bringing in your spare unused hotel toiletries
- Creating a Bar/Bat Mitzvah donation initiative
- Having your child or students sharing drawings with us that we can distribute to the isolated
- Organizing a pop-up food drive at your workplace

# Thank You

Together we helped others with kindness, compassion, and respect.

We are stronger together.



 **Telephone**  
905-627-9922

 **Address**  
30 King Street East, Dundas, ON, L8L 1M2

 **Website**  
[www.hamiltonjfs.ca](http://www.hamiltonjfs.ca)