

Resources for Those Who Are Grieving

Beth Am's Chevra Kadisha wants you to be aware of some resources and services that might be helpful as you process your grief:

- Beth Am's **Mitzvah Meal Delivery** can bring you home-cooked meals. Please email: mitzvahmeals@betham.org
- Beth Am's **Tikvah** program offers one-to-one emotional support for our members who are facing a life challenge. The program matches congregants with trained volunteers. All contacts are strictly confidential and may extend over several months. Please email: tikvah@betham.org

Support for those who are grieving is also available from a range of local community resources:

- **KARA** offers peer support and trained counselors to those who are grieving. Learn more on their website at: <https://kara-grief.org>
- The **Center for Grief and Loss** at Hospice of the Valley offers individual counseling and a variety of support groups for adults and children, facilitated by licensed and professional trained therapists. Learn more at: <https://www.hospicevalley.org/programs-and-services/programs/community-grief-and-counseling-center>
- **Sinai Memorial Chapel** offers compassionate outreach to those who are mourning. Learn more at: <https://www.sinaichapel.org/sinai-mourner-care.aspx>
- Additional Bay Area resources can be found online at: <https://www.sinaichapel.org/tools-resources/bay-area-resources-mourners.aspx>

Ha'makom yena'hem etkhem betokh she'ar avelei Tziyon vi'Yerushalayim —May God console you among the other mourners of Zion and yena'chem.