



Alexander JFS  
**Behavioral &  
Mental Health Services**



## **Bridges of Healing: An Estrangement Support Group**

Meets weekly on Thursdays in-person at Alexander JFS from 1-2 PM starting September 11th for \*6 weeks. The total cost is \$60.  
(\*The group will not meet on 10/2 and will end on 10/16).

Are you navigating distance or disconnection from a family member? You are not alone. This small, confidential in-person group offers a safe and supportive space for adults experiencing family estrangement. Over six weeks, we explore causes of estrangement, tools for coping with grief and stigma, ways to nurture emotional well-being, and practical strategies for self-care, boundary-setting, and envisioning a hopeful future.

Questions? [jschwartz@alexanderjfs.org](mailto:jschwartz@alexanderjfs.org)

Register at <https://www.alexanderjfs.org/services/behavioral-mental-health-services#request-service>



Alexander Jewish Family Service

4131 South Braeswood Blvd., Houston, Texas 77025  
[www.alexanderjfs.org](http://www.alexanderjfs.org)

*A United Way partner*



*Partner Agency of*

