



Breaking Free!

Support group for Jewish domestic abuse victims and survivors

The Jewish Domestic Abuse Collaborative (JDAC) and Jewish Family and Children's Service of Minneapolis (JFCS) offer a support group for Jewish women who are in or have experienced an abusive relationship.

LIORA (*light*) – A Monthly Women's Support Group

LIORA offers women the opportunity to give and receive support, information and inspiration as they continue on their journey of healing and hope. Women will feel supported, strengthened and enlightened as they begin to learn about, understand and heal from abusive relationships.

The group is facilitated by **Barbara Rudnick, MA**,
Program Manager, JFCS Family Life Education.

Jewish women from the entire Twin Cities area are welcome.

For more information, call **Betsy Sitkoff**, Coordinator,
Jewish Community Health Awareness Initiative (J-CHAI),
at **952-542-4833**.

All calls are confidential.

*The mission of JDAC is to provide education and raise awareness
about domestic abuse in the Twin Cities Jewish community and
to coordinate and develop services to individuals and families.*



JDAC is a collaborative program of
Jewish Family & Children's Service of Minneapolis and Jewish Family Service of St. Paul
www.jfcsmpls.org • www.jfssp.org