

# CONNECT ENGAGE EMPOWER

The online support groups pioneered by JFS of Greenwich make it possible for people to connect with others in similar situations and create a caring community from the comfort of their own homes.

**Connect:** Create community without leaving home.

**Engage:** Provide the best practices of support groups to those who need it most.

**Empower:** Participants can become agents of change, no longer lonely, isolated, or powerless.

*Confidential, secure and easy-to-use video conferencing is provided through the JFS partnership with Vidyo, Inc. We selected Vidyo for a high quality, simple-to-use face-to-face video interaction.*

*Nervous about an online support group? We have partnered with Vidyo since 2013. Google has partnered with Vidyo since 2008, and if Google trusts Vidyo, we do too!*

For more information  
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Here For You!

Photos provided by Vidyo.

# The Online Support Group Project

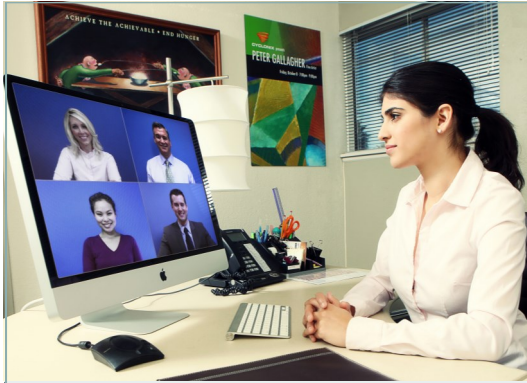


Presented by  
**Jewish Family Services  
of Greenwich, CT**



Here for You!

Jewish Family Services  
of Greenwich



## WELCOME TO ONLINE SUPPORT GROUPS

- **Convenient:** No travel time makes life easier.
- **Accessible:** Connect with support groups from any location.
- **Flexible:** Participation is tailored to meet your agency's needs.

*Jewish Family Services of Greenwich is the first social services agency in the U.S. to widen its therapeutic reach via its pioneering online support groups. Individuals can now gain sustenance and strength through support group services from the comfort of their homes.*

## WHAT OUR CLIENTS SAY...

- “Easy-to-use platform, even for a technophobe!” — Tom B., age 65
- “The group was my haven. I found strength when I had none. We shared our pain, fears, and regrets.” — Deborah M., age 35
- “I felt supported and optimistic, so connected to the group that I forgot we were online.” — Helen K, age 70

## WHAT FACILITATORS SAY...

- “Immediate benefits for clients who would otherwise be isolated in their own homes, with no face-to-face interactions.” — Jan M., LCSW
- “When group members are too shy to bring up an idea directly, they can send private instant messages to the group leader, who can then share their concerns.” — Stacey L., LMSW

## HOW CAN MY AGENCY PARTICIPATE?

- **Let us be your front office.** We facilitate the online group for you and your clients.
- **Let us be your back office.** Rent a cyberspace “room” from us and facilitate your own online groups.
- **Let us provide full service by referral.** Invite your clients into our existing online groups.



## All that's needed is:

A computer, tablet, or smart phone with Wi-Fi capability with webcam and speakers.