

# CJE Counseling Services

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CJE Counseling Services is staffed by a team of Licensed Clinical Social Workers (LCSWs) who are specialists in the field of mental health services for adults aged 55+ and work closely with internists, geriatricians, geriatric psychiatrists, and other professionals outside of CJE. Our team is dedicated to helping older adults improve their mental health and emotional well-being and find more effective ways to manage difficult life situations that can occur, including:

- Depression and anxiety
- Grief and loss
- Living with a history of traumatic events
- Changes in health or function
- Chronic illness and/or chronic pain
- Retirement and its subsequent identity changes
- Relationship challenges
- Financial difficulties
- Managing the stress of transitional life events such as moving, divorce or separation, and becoming a caregiver
- Other aging related or general life stressors



## Programs and Services

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- Individual, Family and Group Psychotherapy
- Family and Caregiver Support
- Weekly Mindfulness Program
- PEARLS (Program to Encourage Active Rewarding Lives)
- Community Education Programs on Mental Health and Aging topics
- Support Groups for Caregivers, Bereavement, Aging Alone and Parents of Adult Children with Disabilities





## Insurance

- Medicare pays 80% of covered sessions; supplemental insurance may cover the balance
- Medicare Advantage Plans and other Private Insurance Plans are also accepted
- In-Network with Blue Cross/Blue Shield of Illinois Preferred Provider Organization (PPO)
- Copays and coinsurance may apply and will be identified before services begin



## Service Locations

Most sessions are conducted via Telehealth.

In-person sessions are also offered at these locations:

- CJE SeniorLife, Bernard Horwich Building  
3003 West Touhy Avenue, Chicago
- Weinberg Community for Senior Living  
1551 Lake Cook Road, Deerfield
- Home visits within a limited geographic area and based on need.

**To make a referral or to get or more information about CJE Counseling Services, please call us at 773.508.1000.**



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

**CJE COUNSELING SERVICES** 3003 West Touhy Avenue | Chicago IL | [www.cje.net](http://www.cje.net) | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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