



Dear JQcommunity,

We hope you're staying safe during this challenging time. As the fires in LA continue to affect many, we want to share some important resources to support you and your loved ones. Below, you'll find emergency services as well as grounding techniques to help you stay centered throughout the day. Remember, you are not alone—JQ is here to support you.

### **JQ's Helpline**

If you or someone you know needs immediate support, JQ's confidential helpline is available to provide compassion, resources, and referrals:

Call or text: 855-JQI-HLPS (855-574-4577)

Email: [helpline@jqinternational.org](mailto:helpline@jqinternational.org)

### **Upcoming JQ Support Groups**

In addition to the resources listed below, we want to remind you of our upcoming virtual support groups next week, designed to help you process and navigate these difficult times with your community:

- **Grief and Loss Support Group**- [January 13th @ 7-8pm PST]
- **55+ and Queer**- [January 13th @ 7:30-8:30pm PST]
- **Nourish and Nurture Support Group** – [January 14th @ 12-12:50pm PST ]
- **Transgender & Gender Diverse Adults** – [January 21st @ 6-7pm PST]

[Click Here to register or for more information on these groups.](#)

### **Emergency Resources**

#### **Jewish Federation of Greater LA**

- Wildfire crisis relief: [Wildfire Crisis Relief](#)
- Community Briefing Webinar today at 2pm: [Register Here](#)

#### **Jewish Free Loan Association**

- [Emergency Housing Assistance for Wildfire Evacuees](#)

#### **Bet Tzedek Legal Services**

- General number: 323-939-0506
- Fire-specific hotline: 661-425-9509



- Website: [Bet Tzedek](#)
- Legal aid for fire-impacted individuals: [disasterlegalservicesca.org](#)
- [Justice for Trans Individuals](#)

### **Maple Counseling Center**

- [Affordable in-person and virtual therapy \(\\$25/session for Jewish individuals\)](#)
- Welcome Center offers free resource navigation services to the community
- Call: 310-271-9999

### **Chai Lifeline**

- [Crisis intervention for children, teens, parents, and caregivers](#)
- 24-hour confidential crisis line: 732-377-5135 (US), 03 978 6304 (Israel)
- Email: [crisis@chailifeline.org](mailto:crisis@chailifeline.org)

### **NAMI Westside LA**

- Free mental health support groups: [NAMI Connections](#)

### **JFSLA**

- [Free counseling and case management](#)
- Resource navigation
- Email inquiries: [services@jfscla.org](mailto:services@jfscla.org)
- JFSLA Central Access: 877-275-4537
- [Food resources](#)

### **Grounding Exercises**

In times of stress, grounding exercises can help bring you back to the present moment and provide relief from overwhelming emotions. Here are some simple techniques you can use throughout the day:

**Progressive muscle relaxation:** Take a few moments to tense and then release muscle groups from head to toe. This technique promotes physical relaxation and mental clarity.

#### **5-4-3-2-1 Sensory Exercise**

- Acknowledge 5 things you can see around you.
- Identify 4 things you can touch.
- Focus on 3 things you can hear.
- Notice 2 things you can smell.
- Finally, recognize 1 thing you can taste.

**Deep Breathing**

- Inhale deeply for 4 seconds, hold for 4 seconds, and exhale for 6 seconds. Repeat for several cycles, focusing on your breath.

**Body Scan**

- Starting from your feet, slowly bring your attention to each part of your body. Notice any sensations without judgment. Work your way up to your head, paying attention to how each part feels.

**"Art-making prompts for heartbreaking times":** [Jewish Studio Project](#)

These exercises can help center and calm you during uncertain times.

We're here to support you. Please don't hesitate to reach out if you need any assistance or guidance.

Stay safe,

The JQ Team