

Programs

- Rabbinical Visitations
- Collect Telephone Hotline
- Re-entry Programs
- Family Support
- Financial Assistance
- Counseling
- Support Groups
- Educational Materials
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- Alternative to prison programs
- Advocacy

Mission Statement

Aleph Institute is a not-for-profit Jewish religious, educational, humanitarian organization, serving the Jewish community. We offer a multitude of services to those in Prisons, the Armed Forces, and Long term Medical Facilities, and anywhere Jews are isolated from a Jewish community. Emphasizing “no one is forgotten” and “no one is alone.”



**ALEPH
INSTITUTE**

No One Alone,
No One Forgotten.

**FAMILY
SUPPORT
GROUP**

THE ALEPH INSTITUTE

North East Regional Headquarters

Hyman & Martha Rogal Center

5804 Beacon Street

Pittsburgh, PA 15217



Harry Ash

Family Support Group

Do you have a spouse, sibling, child or any loved one in prison?

Facilitated by Mr. Harry Ash, M. Ed. (Licensed Psychologist), this group meets weekly at the Aleph Institute, to help families cope with the emotional trauma and upheaval caused by a loved one in prison.

Harry Ash earned his Master's Degree from the University of Pittsburgh, and com-



pleted his post-graduate training at the Gestalt Institute of Cleveland. Harry treats anxiety and depression, couples, chemical dependency, co-dependency, compulsive gambling, psychosis and dual-diagnoses. Harry is a former staff member of UPMC-Western Psychiatric Institute & Clinic. He is a member of the American Psychological Association.

This meeting requires registration and is not open to the public. Those who would like to attend, please contact Rabbi Vogel rabbivogel@alephne.org or 412-421-0111 x101).

Tuesday's 7:30 PM
at the
Aleph Institute

Other meetings at Aleph

Sunday

JACS 7:30 PM (Encouraging and assisting Jewish alcoholics, chemically dependent persons and their families, friends and associates to explore recovery in a nurturing Jewish environment; Promoting knowledge and understanding of the disease of alcoholism and chemical dependency as it involves the Jewish community; and Acting as a resource center and information clearinghouse on the effects of alcoholism and drug dependency on Jewish family life).

Monday

Narcotics Anonymous 7:00 PM (*NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We ... meet regularly to help each other stay clean. ... We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help.*)

OA 7:00 PM (Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.)

Tuesday

Prayer & Meditation 7:00 PM (*Rabbi Shais Taub, conducts a Prayer & Meditations group. This is an open group and not restricted to people of a particular program or of any program at all. Involvement in an appropriate Program of Recovery is the responsibility of the individual and this class is not meant to be a substitute or alternative to meetings with the appropriate Fellowship.*)

Thursday

AA 7:30 PM (Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety).

Torah Studies 7:00 PM (*Rabbi Yitschok Sholomo, conducts a Torah study group, discussing the Jewish holidays, the Torah portion of the week as well as basic Jewish beliefs, laws and customs. No fees are charged and the program is open to all.*)