

ABOUT US

CUJF Jewish Family Services (JFS) provides compassionate support for individuals and families of all backgrounds in the Champaign-Urbana area.

Rooted in Jewish values—such as Tikkun Olam (repairing the world) and Tzedakah (justice)—we offer:

- **Emotional support & advocacy**
- **Resource referrals**
- **Emergency financial aid (as available)**
- **Programs on mental health, aging & caregiving**

Our trauma-informed, intergenerational approach centers dignity, connection, and care—every step of the way.



Get Involved

Our human services committee is comprised of volunteers from our local community. If you are interested in getting involved please reach out to our office.

Our Vision

A thriving, resilient Jewish community where everyone feels seen, supported, and empowered—regardless of background, age, or identity.

MEET THE JFS COORDINATOR

Alena Fishkin,
MSW, LSW



Alena is a Licensed Social Worker with a Master's degree in Social Work from the University of Illinois Urbana-Champaign. With experience in psychology, trauma-informed care, and Jewish community leadership, she approaches her clients with empathy, respect, and practical guidance.

Alena's work is grounded in Jewish values and focused on helping individuals and families feel heard, connected, and empowered—especially in life's most challenging moments.

LOCATION

503 E John St, Champaign, IL 61820

JFS Office Hours: By appointment

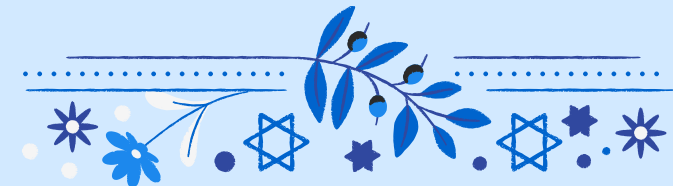
CONTACT

alena@cujf.org | 217-367-9872
www.cujf.org/jfs



JEWISH FAMILY SERVICES

Information and
Community
Resources



MENTAL HEALTH

Looking for mental health support? You can look at our website or contact local providers directly. Need help? Email Alena, the JFS Coordinator, at alena@cujf.org.

In a life-threatening emergency, call 911. First responders are trained to assist in mental health crises and connect you to care.

Crisis Hotlines:

- National Suicide & Crisis Lifeline: Call or text 988
- Crisis Text Line: Text HOME to 741741
- Rosecrance Crisis Line (local): (217) 359-4141
- UIPD REACH (for UIUC affiliates): (217)-333-8911

CHILDREN, YOUTH & FAMILIES

Great Start – CUPHD

(217) 531-4300 | c-uphd.org/great-start-home-visiting-program

PJ Library – CU Jewish Federation

(217) 367-9872 | cujf.org/pjlibrary

Child & Family Counseling of Champaign

(224) 232-8057 | childfamilycounselingchampaign.com

Crisis Nursery

(217) 337-2730 | crisisnursery.net

Yesh Tikva : Jewish Fertility Support

yesh tikva.org

SHALVA: Jewish Domestic Abuse Support

(773) 583-4673 | shalvacares.org



BASIC NEEDS

Make it Champaign Urbana

makeitcu.com

Daily Bread Soup Kitchen

(217) 607-1418 | dailybreadsoupkitchen.com

Wesley Food Pantry

(217) 344-1120 | wesleypantry.org

Housing Authority (HACC)

(217) 378-7100 | hacc.net

Champaign County Regional Planning Commission (CCRPC)

(217) 328-3313 | ccrpc.org

Cunningham Township

(217) 384-4144 | cunninghamtownship.org

Emergency Shelter for Families

Call 2-1-1

unitedwaychampaign.org/emergencysHELTER

FIND RESOURCES

Most resources listed below serve Champaign County and surrounding areas. If you need help navigating resources, contact our office.

SENIOR AND CAREGIVER

Family Service of Champaign County

(217) 352-0099 | famservcc.org

CCRPC Senior Services

(217) 328-3313 | ccrpc.org

Money Mentors – Illinois Extension

(217) 333-7672 | extension.illinois.edu/cfiv/money-mentors

Alzheimer’s Association – Illinois Chapter

1-800-272-3900 | alz.org

Family Service Senior Transportation

(217) 352-0099 | famservcc.org

CHAI Seniors – CU Jewish Federation

(217) 367-9872 | cujf.org/chai

CJE SeniorLife

(773) 508-1000 | cje.net



Find More Resources at
www.cujf.org/jfs

