



# Jewish Family Services



## The Counseling Center at JFS Welcomes Our New Therapists

Leigh Rainwater, M.Ed., LCP joined JFS in late September as lead Child and Adolescent Therapist. She brings over 16 years of experience, utilizing a variety of therapeutic modalities, including Parent-Child Interactive Therapy (PCIT), solution focused and cog-



Leigh Rainwater

nitve behavioral approaches and art therapy, in which she received advanced training.

Leigh provides therapy related to depression, trauma, grief and loss, and family conflict, in order to help each individual develop their own problem-solving skills, improve daily functioning and increase their confidence and self-esteem.

Leigh has facilitated numerous training sessions on topics such as leadership development, art therapy, grief and loss, cultural awareness and group psychotherapy. Before coming to Charlotte last year, Leigh lived in Austin, where she was in private practice, and also served as a board member for Austin Association for Marriage and Family Therapists and Hill Country Play Therapy Association.

Leigh received her undergraduate degree in Behavioral Science from Concordia University and her Masters of Education degree in Counseling Psychology from Boston University. She is a Licensed Professional Counselor.

Linda Boothe, MSW, LCSW has nearly 25 years' experience providing intensive psychother-

apy counseling to clients ranging from adolescent to geriatric, including short term, crisis intervention counseling for depression, anxiety, addiction, and other mental health and health problems.

Serving as a Mental Health Social Worker with the Department of Veterans Affairs in the states of NC, GA, and MS, Linda provided counseling for veterans experiencing a myriad of mental health con-

cerns including depression, anxiety, Post-Traumatic Stress Disorder (PTSD), abuse, trauma, substance use disorders, bereavement, adjustment to civilian life, adjustment to injury, issues related to aging and chronic health conditions, and homelessness.

As a Medical Social Worker and Oncology Social Worker, Linda provided interdisciplinary hospice and palliative care in hospital settings, including development of client-centered treatment plans, psycho-education to patients and their families, offering support and guidance around pain management, and leading support and education groups.

In addition to her extensive experience facilitating therapy groups related to stress management and psycho-education, Linda provided case management and crisis intervention services to clients and their families, including assisting with navigation of VA and community resources, as well as accessing needed financial resources such as SSI, SSDI, and

other basic needs.

Linda received her education degrees from UCLA in Political Science and Public Administration (Bachelor of Arts) and Social Welfare (Master's Degree). She is a licensed clinical social worker in NC, CA, and HI.

The Counseling Center at JFS offers full service therapy at both JFS locations in Shalom Park and Lake Norman. The therapists at the Counseling Center at JFS are sensitive to issues of faith, while



Linda Boothe

providing high-quality, confidential therapy for people of all ages and income levels. Our licensed therapists access a wide range of therapeutic methods to meet the specific needs of those we serve, with the goal of developing problem-solving skills and long-term solutions. Whether you are facing divorce, anxiety, illness, unemployment, or one of life's other stressors, our therapists will work with you and your family to bring about needed change and long-term solutions. ☆



### COME PLAY!

**WHO:** For ages 0 - 2 and their caregivers

**WHEN:** Thursday Mornings, 9:30 - 10:30 am

**WHERE:** Levine-Sklut Judaic Library



Questions? Contact Tair Giudice, 704.944.6759, tair.giudice@jewishcharlotte.org

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## Welcome JFS Board Members

On December 11, the board and staff of Jewish Family Services gathered at the home of outgoing President Jennifer Collman to honor outgoing board members who completed their term, and welcome new board members. New President Harry Sparks presented Jennifer with a beautiful David Rosenthal sculpture to thank her for her service to JFS. Jennifer will continue as Immediate Past President through December 2017.

JFS is proud to announce our Board of Directors for 2016 as follows:

- Harry Sparks, President
- Jan Weiner, President-Elect
- Gary Lerner, Treasurer
- Annie Lord, Secretary
- Jennifer Collman, Immediate Past President

- Adam Bronstone, Andrea Cronson, Shannon Crystal, Jennifer Golynsky, Scott Gorelick, Brad Kirchenbaum, Eric Lerner, Matt Luftglass, David Miller, Allan Oxman, Louis Sinkoe, Sara Stinemetz, Liz Wahls, Dori Whitman

Jennifer also thanked the board members who completed their



Outgoing president Jennifer Collman with her David Rosenthal sculpture.

service as of December 2015, including Margaret Musa, Justin Steinschriber, Karen Knoble, Stacy Baum, Becca Horner, and Debbie Porter.

Thank you all for your commitment to our community. ☆