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May 2026 Newsletter

A Community Conversation: Mental Health Awareness Month

Join us in the JCC Social Hall from **7:00-8:30 p.m. on May 12** for a [powerful evening](#) dedicated to strengthening our community, expanding awareness, and ensuring everyone knows how to find support when it's needed most. We'll kick off with an uplifting keynote from renowned community leader, mental health advocate, and author Karen Gerson, whose personal story and expertise have empowered countless individuals and families.

Next, hear directly from leading voices in our community as representatives from Jewish Family Services (JFS), First Call, and GRASP come together for a dynamic panel discussion. They'll share essential insights, practical resources, and real pathways to care.

To round out the evening, explore resource tables and browse books by local authors focused on mental health, available for purchase, with all proceeds benefiting JFS and supporting their critical services.

If you need emotional support, call the JFS Navigator line at 913-

730-1433 or the Suicide & Crisis Lifeline at 988.

Panel moderator:

- Jamie Copaken LSCSW, LCSW – psychotherapist and JFS Board of Directors

Panelists:

- Karen B. Gerson – author, mental health advocate and community leader
- Margaux Mueller, MAPS, ICRPS, MRSS – Director of Prevention Services First Call
- Keslie Redel LCPC, LPC – Jewish Family Services Clinical Director
- Dawn Owens – co-facilitator with Laura Bratt of GRASP

[Learn more and register here.](#)

Stuff envelopes for Spring program and awards ceremony

We are looking for volunteers to join us on **May 12 from 10:30 a.m. - 12:00 p.m.** to prepare the invitations for the Spring program and awards ceremony. We will meet at the NCJW Office (5311 W. 75th St, Prairie Village, KS – east side of the building). [Please sign up here.](#)

May JULIES meeting

The NCJW-KC JULIES Group (Jewish Union of 'retired' Ladies, Intelligent, Energetic, and Sexy!) will be meeting on **Friday, May 15**, at 11:00 a.m. **Note: For the May session, we will gather in the large meeting room at Oak Park Library** (9500 Bluejacket St, Overland Park, KS 66214).

Attendees are invited to bring their own food and drink and be prepared for some lively conversation. Any retired NCJW-KC Section current or potential member is welcome to join us. To let us know that you are coming or for more information, contact Barbie Rogoff (bjrogoff@gmail.com or 816-506-6430) or Nancy Kalikow Maxwell (nancykalikowmaxwell@gmail.com or 954-260-7696).

Welcome to our new member, **Kim Kushner!**

Bookmark the events calendar

Just a reminder that the NCJW Greater Kansas City Section [website](#) is updated regularly. New programs are being added often. Please visit the website and go to [the events page](#) so you can plan ahead of time and mark your calendars. There are so many wonderful programs to enjoy!

Don't forget to update your info

Did you move? Change your phone number? Get a new email address? Remember to update our office with your new information by using [this form](#).

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