

**“I don’t need
another friend...
I need someone
who gets it.”**

REAL Allies

The Buddy System at Rodef Sholom

The REAL Allies program was created by congregants for congregants to increase opportunities for support and connection within our community.

Need a REAL Ally?

Do you find yourself in a difficult situation wishing you could talk to someone who really understood? Sometimes we need more than friends and family to lean on.

Allies are volunteer congregants who have been where you are - and want to help. You can meet with your ally once or many times; whatever feels right for both of you.

To connect with an ally, call or email JoAnne at 415.479.3441 or joanne@rodefsholom.org

REAL LIFE.
PEOPLE.
CONNECTIONS.

The Mental Health Initiative at Rodef Sholom

**“I remember
how isolating
it can be...”**

REAL Allies

The Buddy System at Rodef Sholom

The REAL Allies program was created by congregants for congregants to increase opportunities for support and connection within our community.

Want to be a REAL Ally?

Allies are volunteers who have “been through it” and want to help other congregants. Allies will receive training on active listening, self-care, setting and maintaining boundaries, and when to ask for help or refer to an expert.

Rodef Sholom needs allies with all kinds of personal experiences!

For more information or to become a REAL Ally, please contact JoAnne at joanne@rodefsholom.org or 415-479-3441.

For more information, visit [www.rodefsholom.org/
our-community/mental-health-initiative](http://www.rodefsholom.org/our-community/mental-health-initiative)