



**JEWISH FAMILY AND CHILD
SERVICE OF GREATER TORONTO**

groups & workshops

OCTOBER & NOVEMBER 2020

For more information or to register please call Shawna Sidney at 416-638-7800 x 6215 or visit our website at jfandcs.com/groups

As with all of our programs, registration is required. Our groups and workshops are open to all members of the community regardless of cultural, religious and/or racial background and we offer a sliding scale for those who require fee reductions.

Please note that all groups will be offered virtually via the ZOOM platform and require consents to be filled out and returned to the Coordinator.

WIDOW/WIDOWERS under 68 BEREAVEMENT

A six session evening group for men and women under 68 years of age and who have recently lost a partner or spouse. Topics to be discussed may include: coping with grief, living with loneliness, changing relationships, and new beginnings.

Tuesday, October 13 | 7:30pm-9:30pm

THE JEWISH RAINBOW ALLIANCE

Join us for a support group for parents who are allies of LGBTQ+ individuals. Monthly meetings. **Pre-registration is required.**

Wednesday, October 14 | 7pm-9pm

MINDFULNESS; THE ART OF LETTING GO

Join us for a one session workshop providing the tools to successfully release negativity and begin to foster positivity, happiness and feelings of well-being. Topics include: becoming more self-aware; creating a gap between stimulus and response; learning to release negative thoughts and emotions; paying attention to the wisdom of the body and fostering positive emotions.

Sunday, October 25 | 9:30am-12:30pm

EFFECTIVE PARENTING

A four session group to help parents of children ages 2 to 10 years, learn what they can do to raise a happy, motivated and well behaved child. Topics include: how to; nurture self-esteem, encourage problem solving, increase communication and set appropriate limits and discipline.

Monday, October 26 | 7pm-9pm

OR

Tuesday, November 24 | 7pm-9pm

WIDOW/WIDOWERS 68+ BEREAVEMENT

A six session daytime group for men and women over 68 years of age and who have recently lost a partner or spouse. Topics to be discussed may include: coping with grief, living with loneliness, changing relationships, and new beginnings.

Tuesday, October 27 | 1:30pm-3pm

OR

Thursday, October 29 | 1:30pm-3pm

ONE FAMILY, TWO HOMES

A six session series for parents experiencing separation and divorce. Topics for parents include: tips for keeping the kids out of the conflict, trends in family law and the impact of separation and divorce on children.

Tuesday, October 27 | 6:30pm-8pm

MIND, BODY, CONNECTION for Women PART 1

Join us in a six session group for women who want to begin learning the practice of mindfulness and meditation in a safe and supportive group setting. Topics will include: stress and anxiety reduction, connecting with your mind and body, enhancing your self-worth and self-esteem, and learning about general relaxation and happiness.

Tuesday, October 27 | 1:30pm-3pm

OR

Tuesday, October 27 | 7pm-8:30pm

OR

Wednesday, October 28 | 1:30pm-3pm

ADULT CHILDREN LOSING A PARENT

A six session group for adult children who have recently lost a parent. Topics include: coping with grief, loss and legacy and resolving unfinished business.

Tuesday, October 27 | 7:30pm-9pm

LOOKING AHEAD; LIFE AFTER SEPARATION

A 6 session group for individuals who are separated and wanting to explore the issues of: coping with change; feelings of anger and loss; living along and loneliness; resources for a new lifestyle.

Wednesday, October 28 | 7:30pm-9pm

MIND BODY CONNECTION FOR WOMEN PART 2

Join us for a 6 session series that continues building on the practice of Mindfulness for those who have already taken the part 1 group. Topics include: reducing stress and anxiety; gaining insights into limiting thoughts and habits; exploring self-worth and self-esteem; fostering positivity and happiness.

Thursday, October 29 | 1:30pm-3pm
OR

Thursday, October 29 | 7pm-8:30pm

MIND BODY CONNECTION FOR MEN

Join us for this new 6 session program for men who want to learn mindfulness and meditation in a safe and supportive group setting. Topics will include: stress and anxiety reduction, connecting with your mind and body, self-worth and self-esteem and general relaxation and happiness.

Thursday, October 29 | 7:30pm-9pm

LIVING WITH TEENS

Parenting your adolescent without losing your cool. A six session group for parents of teenagers. Topics include: setting appropriate limits; learning to let go; parent's rights and responsibilities; keeping the lines of communication open; realistic expectations, and the pressures of drugs, alcohol, dating and sexuality.

Wednesday, November 4 | 7:30pm-9pm

SKILLS FOR EMPOWERED LIVING FOR WOMAN

A six session wellness group for women wanting to discuss relevant issues and wanting to make a change in their lives. Topics include: Time and stress management; building self-esteem; becoming more assertive and improving communication skills.

Wednesday, November 4 | 7pm-9pm

THE CHALLENGE OF ANGER FOR WOMEN

A six session group for women who want to learn how to express their anger in an assertive, non- aggressive way. Topics include: understanding what triggers your anger; emotional and physical responses to anger and alternative techniques to express your anger.

Thursday, November 5 | 7:30pm-9pm

SUCCESSFUL STEP PARENTING

A four session group for step-parents wanting to reduce the isolation that can be felt in blended families. This group will support families through the challenges they are experiencing and provide information so parents have a more realistic understanding of their blended family. Topics include: the myths and realities of step families; blending your parenting styles; the role of discipline in a blended family; and how to build and maintain a strong couple relationship.

Thursday, November 5 | 7pm-9pm

THE JEWISH RAINBOW ALLIANCE

Join us for a support group for parents who are allies of LGBTQ+ individuals. Monthly meetings. **Pre-registration is required.**

Wednesday, November 11 | 7pm-9pm

WORKSHOP- MINDFULNESS; HOW TO LOVE YOURSELF

Join us for a one session workshop that will foster self-compassion and cultivate resilience and better self-motivation. Topics include; the theories, science and proven approaches to self-compassion; using meditation; and self-motivation using kindness rather than criticism.

Sunday, November 15 | 9:30am-12pm

PARENTING THE CHILD/TEEN WITH ADHD

This is a four week group for parents of children/teens diagnosed with ADHD who are wanting to learn more about ADHD and develop strategies for assisting their children at home and at school.

Thursday, November 19 | 7pm-9pm

HIGH CONFLICT DIVORCE

A workshop for parents wanting to develop strategies and techniques to deal with a High Conflict situation and help to lessen the impact of that conflict on their children. This workshop is not for individuals in an abusive situation.

Tuesday, November 10 | 7pm-9pm

MASTERING YOUR SEPARATION

Join us for a one session workshop to learn how you can be the master of your own separation. Topics include: understanding separation concerns; discovering your own emotional triggers; creating self-worth and self-awareness during the separation process; learning strategies for maintaining emotional control; differentiating between the legal separation and the emotional separation; becoming a better you and creating your own mindfulness tool box.

Sunday, November 29 | 9:30am-1:30pm

