



groups & workshops

FEBRUARY 2015

PARENTING THE CHILD/TEEN WITH ADHD

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

Monday, February 2, 2015 | 4600 Bathurst St | Lipa Green Centre | 7 pm to 9 pm

LIFE SKILLS FOR TODAY'S WOMAN

A six session 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, assertiveness and improving communication skills.

Monday, February 2, 2015 | 4600 Bathurst St | Lipa Green Centre | 7 pm to 9 pm

THE CHALLENGE OF ANGER FOR WOMEN

A six session discussion series for individuals 60 and under who have recently lost a spouse. Topics include: coping with grief, living with loneliness and new beginnings.

Wednesday, February 4, 2015 | 4600 Bathurst St | Lipa Green Centre | 7:30 pm to 9 pm

LIVING WITH TEENS

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

Wednesday, February 4, 2015 | 9600 Bathurst St | Lebovic Jewish Community Centre | 7:30 pm to 9 pm

EFFECTIVE PARENTING

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

Tuesday, February 10, 2015 | 4600 Bathurst St | Lipa Green Centre | 7 pm to 9 pm

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.

Thursday, February 12, 2015 | 4600 Bathurst St | Lipa Green Centre | 6:30 pm to 8:30 pm

WHEN YOU'RE ABOUT TO SEPARATE: WHAT TO TELL THE KIDS

A workshop for parents about to separate or in the early stages of separation. How and when to tell the children as well as ideas and strategies to best meet your child's needs will be discussed.

Tuesday, February 17, 2015 | 9600 Bathurst St | Lebovic Jewish Community Centre | 6:30 pm to 8:30 pm

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 reductions.

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



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