



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

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

# groups & workshops

**FEBRUARY 2021**

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.**

**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.

Monday, February 1 | 7:30pm-9pm

**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.

Monday, February 1 | 7pm-9pm

**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, February 2 | 7:30pm-9pm

**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, February 2 | 7:30pm-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.

Tuesday, February 2 | 7:30pm-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.

Wednesday, February 3 | 1:30pm-3pm

**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.

Thursday, February 4 | 1:30pm to 3pm  
OR  
Thursday, February 4 | 7pm-8:30pm

**THE JEWISH RAINBOW ALLIANCE**

Join us for a support group for parents who are allies of LGBTQ+ individuals. Monthly meetings. Registration is required.

Wednesday, February 10 | 7pm-9pm

**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, February 22 | 7pm-9pm

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**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, February 23 | 7pm to 9pm

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**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.

Wednesday, February 24 | 1:30pm to 3pm  
OR  
Wednesday, February 24 | 7pm to 8:30pm

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**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 alone and loneliness; resources for a new lifestyle.

Wednesday, February 24 | 7:30pm-9pm

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