

JEWISH FAMILY & CHILD

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

groups & workshops FEBRUARY 2018

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.

MIND, BODY, CONNECTION for Women I

Join us in an 6 session group for women who want to learn 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 1, 2018
2:00pm to 3:30pm
OR
7:00pm to 8:30pm
4600 Bathurst St
Lipa Green Centre

LIFE SKILLS FOR TODAY'S 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.

Monday, February 5, 2018
7:00pm to 9:00pm
4600 Bathurst St
Lipa Green Centre

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.

Monday, February 5, 2018
7:00pm to 9:00pm
4600 Bathurst St
Lipa Green Centre

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.

Wednesday, February 14, 2018
7:00pm to 9:00pm
9600 Bathurst St
Lebovic Community Campus



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