

# 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](http://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



[facebook.com/jfandcs](https://facebook.com/jfandcs)