



groups & workshops

MAY 2018

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.

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.

Wednesday, May 2, 2018
1:30pm to 3:00pm
4600 Bathurst St
Lipa Green Centre

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.

Wednesday, May 2, 2018
2:00pm to 3:30pm OR
7:00pm to 8:30pm
4600 Bathurst St
Lipa Green Centre

WIDOW/WIDOWERS over 65+ BEREAVEMENT

A six session daytime group for men and women **over 65 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.

Thursday, May 3, 2018
1:30pm to 3:00pm
4600 Bathurst St
Lipa Green Centre

MIND BODY CONNECTION FOR WOMEN PART 2 * BRAND NEW*

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, May 3 | 2-3:30pm
4600 Bathurst St
OR
Tuesday, May 8 | 6:30- 8pm
35 Madison Ave

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; parents rights and responsibilities; keeping the lines of communication open; realistic expectations, and the pressures of drugs, alcohol, dating and sexuality.

Thursday, May 3, 2018
7:30pm to 9:00pm
4600 Bathurst St
Lipa Green Centre

MIND BODY CONNECTION FOR MEN *BRAND NEW*

Join us for this brand 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.

Monday, May 7 | 7:30-9pm
9600 Bathurst St
Lebovic Community Centre
OR
Wednesday, May 9 | 7:30-9pm
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.

Wednesday, May 9, 2018
7:00pm to 9:00pm
9600 Bathurst St
Lebovic Community Centre



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IT'S NEVER TOO LATE TO DATE

A one session workshop for men and women in midlife (40+) who have been single for 2 or more years and are looking for information on how to nurture a lasting relationship. Topics include: dating myths and facts, the 5 stages of dating, the difference between the dating behaviours of men and women.

Tuesday, May 15, 2018
7:00pm to 9:30pm
4600 Bathurst St
Lipa Green Centre

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.

Wednesday, May 16, 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.

Thursday, May 17, 2018
7:00pm to 9:00pm
4600 Bathurst St
Lipa Green Centre