



# groups & workshops

## OCTOBER 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](http://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.

### BEYOND THE CHUPPAH, BECOMING A COUPLE

A five session Marriage Preparation group for couples who are going to be married in the next year. Topics include: Changing roles and expectations, finances, conflict negotiation and resolution, communication, and Jewish home and family life. This program is offered in partnership with the Rabbinical Assembly- Ontario Region.

Tuesday, October 9, 2018  
7:00pm to 9:00pm  
1700 Bathurst Street  
Beth Tzedec Congregation

### 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.

Wednesday, October 10, 2018  
6:30pm to 8:00pm  
35 Madison Ave  
Gordon S. Wolfe Branch

### THE CHALLENGE OF ANGER FOR WOMEN

A five 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, October 17, 2018  
7:30pm to 9:00pm  
4600 Bathurst St  
Lipa Green Centre



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