

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.

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.

Thurs Nov 1 | 1:30pm-3pm
4600 Bathurst St
Lipa Green Centre

ONE FAMILY, TWO HOMES

A six session series for families experiencing separation and divorce. Children participate in separate age appropriate groups which will help them to: feel better, deal with some of the myths and know where to get support. Topics for parents include: tips for keeping the kids out of the conflict, trends in family law and the impact of separation and divorce on children.

Thurs Nov 1 | 6:30pm-8pm
4600 Bathurst St
Lipa Green Centre

MIND BODY CONNECTION FOR MEN

Join us for a 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.

Mon Nov 5 | 7:30pm-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.

Mon Nov 5 | 7pm-9pm
9600 Bathurst St
OR
Wed Nov 7 | 7pm-9pm
4600 Bathurst St

MIND, BODY, CONNECTION FOR WOMEN PART 1

Join us in a 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.

Tues Nov 6 | 1:30pm-3pm
OR
Tues Nov 6 | 7pm-8:30pm
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.

Tues Nov 6 | 7pm-9pm
4600 Bathurst St
OR
Wed Nov 19 | 7pm-9pm
9600 Bathurst St

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.

Tues Nov 6 | 7:30pm-9pm
4600 Bathurst St
Lipa Green Centre

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.

Tues Nov 6 | 7:30pm-9pm
4600 Bathurst St
Lipa Green Centre

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.

Tues Nov 6 | 7pm-9pm
4600 Bathurst St
Lipa Green Centre

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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.

Wed Nov 7 | 1:30pm-3pm
4600 Bathurst St
Lipa Green Centre

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.

Thurs Nov 8 | 7:30pm-9pm
9600 Bathurst St
Lebovic Community Centre

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.

Tues Nov 13 | 6:30pm-8pm
35 Madison Ave
Gordon S. Wolfe Branch

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.

Tues Nov 20 | 7pm-9pm
4600 Bathurst St
Lipa Green Centre

CHANGING YOUR ADHDitude: LIVING WITH ADULT ADHD

A 4 session group for **ADULTS who have been diagnosed with ADD/ADHD** and want to learn the necessary skills and strategies to take charge and create positive change in their lives. Topics include: Defining and understanding your ADHD; reorganizing the disorganized mind; taking charge of your issues and learning to focus; and establishing realistic expectations of yourself and others.

Wed Nov 21 | 6:30-8:30pm
35 Madison Ave
Gordon S. Wolfe Branch