

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 JANUARY 2019

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 1

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.

Tuesday, January 29, 2019
1:30pm to 3:00pm
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, January 30, 2019
7:00pm to 9:00pm
9600 Bathurst St
Lebovic Community Campus

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.

Thursday, January 31, 2019
1:30pm to 3:00pm
4600 Bathurst St
Lipa Green 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.

Thursday, January 31, 2019
7:30pm to 9:00pm
4600 Bathurst St
Lipa Green Centre



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