

# 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 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.

### 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.

Tuesday, February 5, 2019  
7:00pm to 9:00pm  
9600 Bathurst St  
Lebovic Community Campus

### EFFECTIVE PARENTING

A four session group for parents of children ages 2 to 10 years that helps parents 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.

Thursday, February 14, 2019  
7:00pm to 9:00pm  
4600 Bathurst St  
Lipa Green Centre



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