

# JEWISH FAMILY &CHILD

## groups & workshops

### APRIL 2019

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.

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#### WHEN YOU'RE ABOUT TO SEPARATE: WHAT TO TELL THE KIDS

A workshop for parents about to separate or in the early stages of separation. How and when to tell the children, how to handle moving day, as well as ideas and strategies to best meet your child's needs will be discussed.

Monday, April 1, 2019  
6:30pm to 8:30pm  
9600 Bathurst St  
Lebovic Community Centre

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#### 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.

Wednesday, April 3, 2019  
7:00pm to 9:00pm  
4600 Bathurst St  
Lipa Green Centre

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#### MIND, BODY, CONNECTION

Join us in a 6 session group for women and men 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.

Monday, April 22, 2019  
7:00pm to 8:30pm  
1950 Bathurst St  
Holy Blossom Temple

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#### 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.

Tuesday, April 30, 2019  
6:30pm to 8:00pm  
9600 Bathurst St  
Lebovic Community Centre

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