

# JEWISH FAMILY &CHILD

# groups & workshops

## MAY 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.

### 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.

Thursday, May 2, 2019  
7:00pm to 9:00pm  
1445 Eglinton Ave W  
Beth Sholom Synagogue

### MINDFULNESS: THE ART OF LETTING GO \*BRAND NEW\*

Join us for a one session workshop providing the tools to successfully release negativity and begin to foster positivity, happiness and feelings of well-being. Topics include: becoming more self-aware; creating a gap between stimulus and response; learning to release negative thoughts and emotions; paying attention to the wisdom of the body and fostering positive emotions.

Sunday, May 5, 2019  
9:30am to 12:30pm  
4588 Bathurst St  
Prosserman JCC

### EFFECTIVE PARENTING

A four session group to help parents of children ages 2 to 10 years, 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.

Monday, May 6 | 7-9pm  
9600 Bathurst St  
OR  
Tuesday, May 21 | 7-9pm  
4600 Bathurst St

### 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.

Tuesday, May 7 | 1-3pm  
4600 Bathurst St  
OR  
Thursday, May 9 | 7-9pm  
4600 Bathurst St

### 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.

Tuesday, May 7, 2019  
7:30pm to 9:00pm  
4600 Bathurst St  
Lipa Green Centre

### MIND, BODY, CONNECTION for Women PART 1

Join us in a six session group for women who want to begin learning 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.

Wednesday, May 8 | 7-8:30pm  
4600 Bathurst St  
OR  
Thursday, May 9 | 1:30-3pm  
4600 Bathurst St

### 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, May 8 | 1:30-3pm  
4600 Bathurst St  
OR  
Thursday, May 9 | 7-8:30pm  
4600 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.

Wednesday, May 8, 2019  
7:30pm to 9:00pm  
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.

Wednesday, May 8, 2019  
7:30pm to 9:00pm  
4600 Bathurst St  
Lipa Green Centre

---

### 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.

Thursday, May 9, 2019  
1:30pm to 3:00pm  
4600 Bathurst St  
Lipa Green Centre

---

### MIND BODY CONNECTION FOR MEN

Join us for this brand new 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.

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

---

### 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.

Thursday, May 23, 2019  
7:00pm to 9:00pm  
4600 Bathurst St  
Lipa Green Centre

---