

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

JUNE 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 divorce/separation situation and help to lessen the impact of that conflict on their children. This workshop is not for individuals in an abusive situation and is for one half of the couple.

Monday, June 17, 2019
7:00pm to 9:00pm
9600 Bathurst St | Suite 242
Lebovic Community Centre

MINDFULNESS: THE GIFT OF RESILIENCY *BRAND NEW*

A single session workshop for those looking to improve their life, reduce stress, increase happiness and learn how to cope with life's challenges. Topics include: adapting to life's challenges; understanding what it takes to be resilient; how to respond well under pressure and recover quickly from difficult conditions and emotions; how to change your brain to make you feel stronger.

Sunday, June 16, 2019
9:30am to 12:30pm
4588 Bathurst St
Prosserman JCC
