



Jewish Child & Family Services

## Life Education Network

January – March, 2008

### Welcome to our Life Education Network Series

The JCFS Life Education Network Series are professionally led small discussion groups and workshops on pressing topics such as coping with divorce, grieving the loss of a loved one, enhancing children's social skills and groups for new parents. These programs are designed for individuals who want to gain new skills, increase knowledge or participate in discussions with others whose life experiences or challenges are similar to your own.

***Who can attend?*** The Life Education Network Series includes programs for children, teens, adults, couples and families.

***What are the fees?*** Fees are indicated under each listing. **For all groups, tuition may be adjusted based on individual need; contact the program leader for more information.** The pamphlet also includes programs that are free to participants.

***Where are the programs offered?*** Programs are held throughout the Chicago area. Locations are listed for each item. A complete list of locations appears on the other side of this page.

***How can I register?*** To register for a specific program, please call the program leader listed in the program description. Special Requests and Speakers for Your Organization or Group Programs and locations vary and are announced in each pamphlet. Your suggestions for new topics are always welcome. We can also tailor specific programs for organizations, businesses, schools, synagogues and private groups. Our staff is available for speaking opportunities. To request a specific topic or to invite a speaker to your own group, please call (312) 673-3202 or email us at [LEN@jcfs.org](mailto:LEN@jcfs.org)

Visit our website: [www.jcfs.org](http://www.jcfs.org).

# JCFS Locations

## **JCFS EXECUTIVE OFFICE**

216 West Jackson Boulevard, Suite 800  
Chicago, IL 60606  
T (312) 357-4800  
F (312) 855-3750

## **CHICAGO CITY COMMUNITY COUNSELING CENTERS**

### **Adult and Family Services**

3525 West Peterson Avenue  
Chicago, IL 60659  
T (773) 866-5035  
F (773) 866-1035

### **Child and Family Services**

Joy Faith Knapp Children's Center  
3145 West Pratt Boulevard  
Chicago, IL 60645  
T (773) 467-3700  
F (773) 467-3799

## **NEAR NORTH SUBURBAN COMMUNITY COUNSELING CENTER**

Goldie Bachmann Luftig Building  
5150 Golf Road  
Skokie, IL 60077

### **Adult and Family Services**

T (847) 568-5200  
TTY (847) 568-5240  
F (847) 568-5250

### **Child and Family Services**

T (847) 568-5100  
F (847) 568-5125

## **NORTH SUBURBAN COMMUNITY COUNSELING CENTERS**

### **Adult and Family Services**

85 Revere Drive, Suite J  
Northbrook, IL 60062  
T (847) 272-2882  
F (847) 272-1115

## **NORTH SUBURBAN COMMUNITY COUNSELING CENTERS**

### **Child and Family Services**

Elaine Kersten Children's Center  
255 Revere Drive, Suite 200  
Northbrook, IL  
T (847) 412-4350  
F (847) 412-4360

## **NORTHWEST SUBURBAN COMMUNITY COUNSELING CENTER**

1156 W. Shure Drive, Suite 180  
Arlington Heights, IL 60004  
(Adjacent to Buffalo Grove)  
T (847) 392-8820  
F (847) 392-3221

## **SOUTH SUBURBAN COMMUNITY COUNSELING CENTER**

3649 West 183rd Street  
Hazel Crest, IL 60429  
T (708) 798-1859  
F (708) 798-9148

## **VIRGINIA FRANK CHILD DEVELOPMENT CENTER**

3033 West Touhy Avenue  
Chicago, IL 60645  
T (773) 761-4550  
F (773) 761-6426

## **WEST SUBURBAN COMMUNITY COUNSELING CENTER**

10 East 22nd Street  
Lombard, IL 60148  
T (630) 705-9639  
F (630) 392-7832

## Career

### **Staying Motivated in a Tough Job Market**

Looking for a job takes an enormous amount of emotional energy. Learn to understand the personal barriers to motivation, manage stress, and find support and encouragement to create an action plan that works for you. A Suburban Network Group, co-sponsored with Jewish Vocational Service (JVS)

Wednesday, 01/23/08 - 02/13/08, 4 weeks  
10:30 a.m. - Noon

#### **Leaders**

Rosalie Greenberger, LCSW (JCFS) 847-392-8820 or  
Maxine Topper, LCPC (JVS), 847-568-5155

#### **Location**

5150 Golf Rd, Skokie

**Fee:** no fee

### **Starting a New Chapter in Your Career – Rework, Rewire, or Retire?**

An interactive discussion group for those 55 and over who want to discuss various career path options, including continuing in same vocational path, creating a new career path, or choosing a life of volunteering and leisure. A Suburban Resource Network Group, co-sponsored with JVS.

Wednesdays, 3/12/08 – 4/9/208, 5 weeks  
10:30 a.m. – 12:00 p.m.

#### **Leader**

Rosalie Greenberger, LCSW 847-392-8820  
Maxine Topper, LCPC 847-568-5155

#### **Location**

5150 Golf Rd, Skokie

**Fee:** no fee

## Changing Families

### **Dealing with Separation and Divorce**

Gain support through the emotional avalanche of separation and divorce. Join others to discuss feelings of anger, guilt, and grief; coping with loss and change; managing relationships with family and friends; and planning for the future.

Thursday, 01/10/08 - 02/28/08, 8 weeks  
7:30 p.m. - 9:00 p.m

#### **Leader**

Tema Rosenblum, LSW 847-272-2882

#### **Location**

85 Revere Dr, Suite J, Northbrook

**Fee:** \$120

### **Relating to Aging Parents Across the Miles**

Join with other adults who want to explore ways of staying close to aging parents who live out of the area and discuss ways to deal with present and future changes.

Tuesday 02/12/08 - 02/19/08, 2 weeks  
7:00 p.m. - 8:30 p.m.

#### **Leader**

Robyn Kaplan Seidman, LCSW 773-866-5035

#### **Location**

3525 W. Peterson Ave, 4th flr, Chicago

**Fee:** \$30

## Children's Therapy Groups

### **Girls**

#### **Art Psychotherapy Group**

This group will provide the opportunity to afford expression through simple mediums and discussion.

Thursday, 10/07 – 7/08  
4:30 p.m. – 6:00 p.m.

#### **Leader**

Robin Davis, MS 773-761-4550

#### **Location**

3033 W. Touhy Ave, Chicago

**Fee:** \$50

### **Boys and Girls 5-7 years old**

#### **Art Therapy**

This group will provide the opportunity to afford expression through simple mediums and discussion.

Mondays, Start Date TBD  
4:30 p.m. – 6:00 p.m.

#### **Leader**

Robin Davis, MS 773-761-4550

#### **Location**

3033 W. Touhy Ave, Chicago

**Fee:** \$15 per session

### **Boys Therapy Groups**

Long term group process opportunity for boys who have difficulties in group settings. Boys will enhance their social skills and will be able to practice their interactive and problem solving skills in a safe supportive environment. A meeting with the group leaders is required before finalizing registration.

Tuesdays

4:30 p.m. - 5:45 p.m.

#### **Leader**

Robin Davis, MS 773-761-4550

#### **Location**

3033 W. Touhy, Chicago

**Fee:** \$50 per session

## Children's Therapy Groups

### Boys Therapy Groups

This long-term group provides a place for boys who have difficulty thriving in a group setting to enhance their social skills. Participants practice their interactive and problem solving skills in a safe and supportive environment. A meeting with the group leaders is required before finalizing registration.

Wednesday 10/07 – 7/08, weekly  
4:30 p.m. - 5:45 p.m.

#### Leader

Maggie Faulkenberry, M.Ed. 773-761-4550

#### Location

3033 W. Touhy Ave, Chicago

Fee: \$50

## Chuppah Project

### The Chicago Chuppah Project--Workshop for Jewish Engaged and Newly Married Couples

A lot of time and energy goes into planning a wedding. But, as the most happily married couples know, lots of hard work goes into the marriage that follows. The workshop assists couples in defining themselves as a couple, clarifying their expectations of marriage, and developing skills to promote strong marriages. The workshop emphasizes healthy communication and helps couples address each partner's differing family and religious traditions and expectations regarding marriage. Endorsed by the Chicago Board of Rabbis.

Sunday 01/13/08  
10:00 a.m. – 3:00 p.m.

#### Leaders

Rosalie Greenberger, LCSW Coordinator 847-392-3882  
Sheri Fox, LCSW Coordinator 847-568-5200

#### Location

5150 Golf Rd, Skokie

Fee: \$150/per couple including lunch

## AIDS Service & Support Program

*The AIDS Service & Support Program helps individuals, partners, families and friends cope with the many feelings and concerns they have surrounding HIV/AIDS. In addition, the program has a strong outreach component, providing education and prevention information to the community. For information about counseling, ongoing support groups, programs and services or to request a speaker for your group, please call Daniel Hirschhorn at 847-568-5252.*

Pre-registration required. Fees vary. Cost may be adjusted based on need.  
For more information, please call the group leader.

## Holocaust Community Services

*A program of Jewish Child & Family Services, Council for the Jewish Elderly, and Jewish Federation of Metropolitan Chicago, supported by grants from the Conference on Jewish Material Claims Against Germany, Inc, Humanitarian Aid Foundation, and the Harry and Jeanette Weinberg Foundation.*

### Coffee and Conversation for Holocaust Survivors

Discussion topics for survivors include: Challenges of Aging, Politics and Current Events, News from Israel, Family Celebrations. Two groups in two locations.

Mondays, 1:00 p.m. - 2:30 p.m.

#### Leaders

Sheri Fox, LCSW  
David Bier, MSW  
847-568-5200

#### Location

Holocaust Memorial Foundation, 4255 W. Main St, Skokie

Fridays, 10:30 a.m. – 12:00 p.m.

#### Leaders

Robyn Kaplan Seidman, LCSW  
Barbara Urbanska-Yeager  
773-866-5035

#### Location

3525 W. Peterson Ave, 4th flr, Chicago

Fee: no fee

## Jewish Healing Network of Chicago

*A collaborative effort of Jewish Child & Family Services, Council for Jewish Elderly, the Chicago Board of Rabbis, and Jewish Federation of Metropolitan Chicago. The program is made possible through the generous support of Jewish Federation and its Fund for Innovation in Health (funded by the Michael Reese Health Trust) the Retirement Research Foundation and several family foundations.*

### Living with the Alcoholic/Addict

Come share the support of a group of spouses of the alcoholic/addict in this six-week group. If your spouse is actively abusing alcohol and other drugs or working on his or her own 12-step recovery program, we will educate and empower family members to find a path towards healing and recovery.

Tuesday, 01/08/08 - 2/12/08, 6 weeks  
02/19/08 - 3/25/08, 6 weeks  
7:00 p.m. - 8:30 p.m.

#### Leader

Marcy Cohn, LCSW, CADC 847-568-5200

#### Location

5150 Golf Rd, Skokie

Fee: \$90 per series

## Jewish Healing Network of Chicago

### **Caring for the Caregiver: A Telephone Support Group**

Your connection to other care givers is just a phone call away. A clinical social workers will facilitate four conference calls in February. Share your joys and challenges; learn new skills and resources. Call for more information and registration.

Thursday, 02/07/08 - 02/28/08, 4 weeks  
7:00 p.m. - 8:00 p.m.

#### **Leader**

Sheri Fox, LCSW 847-568-5200

#### **Location**

5150 Golf Rd, Skokie

**Fee:** \$10 for each of the four sessions

### **Surviving the Loss of a Spouse**

For those adjusting to the death of a spouse. Topics may include coping with grief, making decisions, managing family and social relationships and staying healthy.

Tuesday, 2/26/08 – 3/18/08, 4 weeks  
3:00 p.m. – 4:30 p.m.

#### **Leader**

Susan Livingstone, LCSW

#### **Location**

3525 W Peterson Ave, Chicago

**Fee:** \$60

Wednesday, 01/16/08 - 02/20/08, 6 weeks  
6:30 p.m. - 8:00 p.m.

#### **Leader**

Rosalie Greenberger, LCSW 847-392-8820

#### **Location**

1156 W. Shure Dr, Arlington Heights

**Fee:** \$90

### **Motherless Daughters-For Those Who Lost Their Mothers Before the Age of 25**

Losing a mother when young leaves a hole in a young woman's life. Come share and learn about the ways the loss affected you and your family, how to put the past into perspective, heal, and move on.

Monday, 03/10/08 - 04/14/08, 6 weeks  
7:30 p.m. - 9:00 p.m.

#### **Leader**

Tema Rosenblum, LSW 847-272-2882

#### **Location**

85 Revere Dr, Suite J, Northbrook

**Fee:** \$90

### **Coping with Your Chronic Physical Illness: A Jewish Perspective**

This one time group will focus on dealing with physical illness from a Jewish perspective. Thinking about spiritual resources, coping and looking ahead will be discussed.

Tuesday, 03/18/08  
7:00 p.m. - 8:30 p.m.

#### **Leaders**

Robyn Kaplan Seidman, LCSW 773-866-5035 and  
Rabbi Joseph Ozarowski 847-568-5200

#### **Location**

5150 Golf Rd, Skokie

**Fee:** \$15

### **When a Parent Dies**

A group for people who want to share feelings and gain support through the adjustment and mourning process

Dates and Time TBD, 4 weeks

#### **Leader**

Tracey Lipsig Kite, LCSW 847-568-5216

#### **Location**

5150 Golf Rd, Skokie

**Fee:** \$60 per series

### **Living with Mental Illness in the Family**

A support group to explore the impact of having a family member with a mental illness on you and your life.

Dates and Time TBD, 5 weeks

#### **Leader**

Tracey Lipsig Kite, LCSW 847-568-5216

#### **Location**

5150 Golf Rd, Skokie

**Fee:** \$75 per series

### **New Americans**

#### **Starting Over--Adjusting to Life in the USA**

Group for Russian speaking immigrants from the former Soviet Union who are 55 and over. Meet other new Americans and share memories of the past as well as ideas for adjusting to a new life in this country.

Monday

9:30 a.m. - 11:00 a.m.

#### **Leaders**

Sheri Fox, LCSW 847-568-5200

Lina Kotlyar 773-866-5035

#### **Location**

5150 Golf Rd, Skokie

**Fee:** no fee

## New Americans

### Active Communication Workshop for Refugee Couples

The eight-week Healthy Marriages Program provides support to refugee couples who want to strengthen their family relationships, prevent conflicts and ease their transition into American culture.

**Leader**

Maya Gumirov, MA 847-412-4357

**Location**

Various Chicago and Suburban locations and times

**Fee:** no fee

### Active Money Personalities Workshop for Refugees

The eight-week Healthy Marriages Program provides support to refugee couples who want to strengthen their financial situation, prevent conflicts and ease their transition into American culture.

**Leader**

Maya Gumirov, MA 847-412-4357

**Location**

Various Chicago and Suburban locations and times

**Fee:** no fee

## Older Adults

### Senior Drop-in Group

Group to which all seniors are invited. Discuss whatever is on your mind: Politics, current events, health issues and relationships.

Wednesdays

10:30 a.m. – 12:00 p.m.

**Leader**

Emily Burchfield, LPC, AMFT 847-568-5105

**Location**

5150 Golf Rd, Skokie

**Fee:** \$7 per session

### Hyde Park Senior Connection

Tuesdays monthly

1:30 p.m. - 3:00 p.m.

**Leader**

Robyn Kaplan Seidman, LCSW 773-866-5035

**Location**

Hyde Park JCC, 5200 S. Hyde Park Blvd.

**Fee:** Fee set by JCC

## Parenting

### Get together for Parents and Children Ages 4 and under

Drop-in program for parents and their children 4 years of age and under, offered two different times.

Tuesdays

1:30 p.m. – 3:00 p.m.

**Leader**

Robin Davis, MS 773-761-4550

Thursdays

10:00 a.m.-11:30 a.m.

**Leader**

Joanne Kestnbaum, LCSW 773-761-4550

**Location**

3033 W. Touhy Ave, Chicago

**Fee:** \$10 per session

## Parenting

### Active Parenting Workshop for Orthodox Mothers

In six two-hour sessions, parents will learn communication skills that they can teach to their children. Parents will discover how to eliminate power struggles, how to develop their children's pride and inner strength and how to teach their child responsibility. This workshop is geared toward children ages 5 to 12.

Wednesday, 01/30/08 - 03/05/08, 6 weeks

9:30 a.m. - 11:30 a.m.

**Leader**

Breana Freid, LCSW 847-568-5114

**Location**

3145 W. Pratt Blvd, Chicago

**Fee:** \$180

### Limit Setting and Discipline

Some parents hate to be disciplinarians while others wonder how strict is strict enough. This three-week series will explore common concerns and strategies around providing realistic and consistent limits for children.

Monday, 01/21/08 - 02/04/08, 3 weeks

7:00 p.m. - 8:30 p.m.

**Leader**

Robin Davis, MS 773-761-4550

**Location**

3145 W. Pratt Blvd, Chicago

**Fee:** \$45

### **Beyond Limit Setting and Discipline**

This is an ongoing parenting group to help strategize developmentally appropriate childrearing techniques. This group is for participants who have already taken an introductory parenting group.

Fourth Monday of the month starting:  
02/25/08  
7:00 p.m. - 8:30 p.m

#### **Leader**

Robin Davis, MS 773-761-4550

#### **Location**

3145 W. Pratt Blvd, Chicago

**Fee:** \$15/session

### **Parent Support Group**

This 10-week group will offer open discussions about common issues that arise at home and will also offer education on specific child-development or parenting topics. Through support, discussion, and education, parents can enhance confidence, skills, and knowledge. This group meets during child and teen group times but all parents are welcome to join.

Tuesday, 01/15/08 - 03/18/08, 10 weeks  
6:30 p.m. - 7:30 p.m.

#### **Leader**

Melissa James, PsyD 847-412-4396

#### **Location**

255 Revere Dr, Northbrook

Monday, 01/14/08 - 03/17/08, 10 weeks  
6:00 p.m. - 7:00 p.m.

#### **Leader**

Catherine Barnhart, PsyD. 773-467-3765

#### **Location**

3145 W. Pratt Blvd, Chicago

**Fee:** \$150, if there is NOT concurrent enrollment in a Child group offered at the same time; scholarships are available.

### **CAC Parent Support Group**

A Support Group for Non-offending Parents/Caregivers of Children who have been Sexually Abused  
This six-week group provides an opportunity for parents to share their experiences in caring for a child who has been sexually abused. Through the discussion, the parents will give and receive support and gain understanding of these extremely challenging situations. Co-sponsored by Child Advocacy Center (CAC).

Thursday, 10/11/07, 6 weeks with several series offered  
6:30 p.m. - 8:00 p.m.

#### **Leader**

Rosalie Greenberger, LCSW 847-392-8820

#### **Location**

85 Revere Dr, Northbrook, IL

**Fee:** no fee

### **Parents Group with Infant Massage**

Parents Group with Infant Massage is designed to be a relaxing time for you and your baby. The group will combine discussion about parenthood, infant development, and the transition of having a new baby in the family with teaching an individualized approach to infant massage. Over the course of the four weeks, you will learn infant massage, which has many benefits for both parents and baby.

Thursday, 2/21/08 – 3/13/08, 4 weeks  
9:45 a.m. – 11:15 a.m.

#### **Leader**

Rosalie Greenberg, LCSW, Certified Infant Massage Instructor

847-392-8820

#### **Location**

255 Revere Dr, Ste 200, Northbrook

**Fee:** \$60 per series

### **Personal Growth**

#### **I've Got to Get Organized! Managing Your Time and Your Life**

If you've been procrastinating because you don't know where or how to start, come to this discussion/support group. Decisions and developing organizational skills will be addressed.

Monday, 01/14/08 - 02/18/08, 6 weeks  
7:30 p.m. - 9:00 p.m.

#### **Leader**

Tema Rosenblum, LSW 847-272-2882

#### **Location**

85 Revere Dr, Suite J, Northbrook

**Fee:** \$90

#### **Improving Relationships - Dealing with Hurt and Anger**

The ways in which we connect or disconnect with people often depends upon how we feel and express hurt and anger. Learn how to deal more constructively with these concerns so that your relationships can be more meaningful.

Thursday, 03/13/08 - 04/17/08, 6 weeks  
7:30 p.m. - 9:00 p.m.

#### **Leader**

Tema Rosenblum, LSW 847-272-2882

#### **Location**

85 Revere Dr, Suite J, Northbrook

**Fee:** \$90

## **Coping with Financial Pressures in the Community and Family - Deciding Needs Versus Wants**

Our community has so much to offer, it is difficult to choose what is best for ourselves and our family given time and financial limitations. We don't want anyone to be disappointed or feel left out. Learn ways of making decisions and how to present your decisions to the family.

Monday, 03/03/08  
7:30 p.m. - 9:00 p.m.

### **Leader**

Tema Rosenblum, LSW 847-272-2882

### **Location**

85 Revere Dr, Suite J, Northbrook

**Fee:** \$15

## **Project Esther: The Chicago Jewish Adoption Network**

*Project Esther offers a range of services and programs for adoptive and prospective adoptive families. For information, please contact Marsha Raynes at 773-467-3347.*

### **Single Adoptive Families**

Join other parents to talk about the joys and challenges of parenting. Snack and childcare with age appropriate activities for children are provided.

Second Monday of the month  
7:00 p.m. - 8:30 p.m.

### **Leaders**

Marsha Raynes, LCSW 773-467-3747

Robin Davis, LCSW 773-761-4550

### **Location**

255 Revere Dr, Ste 200, Northbrook

**Fee:** \$25 per session

### **Prospective Single Adoptive Parents**

Support and Discussion group.

Fourth Monday of the month  
7:30 p.m. - 9:00 p.m.

### **Leader**

Marsha Raynes, LCSW 773-467-3747

### **Location**

3145 W. Pratt Blvd, Chicago

**Fee:** \$15 per session

## **SIBSHOPS®**

Sibshops offer brothers and sisters with disabilities, medical illness, and/or special needs an opportunity to meet other siblings in a relaxed, supportive and recreational setting. They are able to discuss their common joys and concerns, learn how to handle common situations and have fun! Registration is per Sibshop. Children can attend, one, two, three or all of the Sibshop series.

Children Ages 6-12

Sunday, monthly, call for 2008 dates  
2:30 p.m. – 5:30 p.m.

### **Leader**

Tamara Besser, LCSW 773-467-3751

### **Location**

255 Revere Dr, Ste 200, Northbrook

**Fee:** \$25 per Sibshop

## **Social Skills Groups**

### **Orthodox Girls Social Skills Group, Grades 1-3**

Developing friendships can be difficult for many young girls. This 10-week group will focus on enhancing self-esteem, developing friendships and providing support. Through play and fun social experiences, your child will learn ways to manage anger, resolve conflict and feel more confident.

Wednesday, 01/16/08 - 03/19/08, 10 weeks  
4:30 p.m. - 5:30 p.m.

### **Leader**

Naomi Greer, LCSW 847-412-4373

Sally Herschman

### **Location**

3145 W. Pratt Blvd, Chicago

**Fee:** \$250 per series

### **Teen Talk, for Teens Ages 13-16**

Some teens have more trouble than others making friends and often don't know how to talk about these difficulties. This ten-week group will focus on providing a relational experience for teens that need opportunities to build friendships, as well as confidence in their relationships. Participants will learn to express their feelings in a creative and fun way and learn they are not alone. A parent group will also be offered at the same time.

Tuesday, 01/15/08 - 03/18/08, 10 weeks  
6:30 p.m. - 7:30 p.m.

### **Contact**

Melissa James, PsyD 847-412-4396

### **Location**

855 Revere Dr, Northbrook

**Fee:** \$250 per series

### **Teen Talk, for Teens Ages 13-16 (cont.)**

Monday, 01/14/08 - 03/17/08, 10 weeks  
6:00 p.m. - 7:00 p.m.

**Contact**

Catherine Barnhart, PsyD. 773-467-3765

**Location**

3145 W. Pratt Blvd, Chicago

**Fee:** \$250 per series

### **Boys Club, for Boys Ages 8-12**

This ten-week group will focus on developing friendships, enhancing self-esteem and confidence and resolving conflicts with peers through play and fun social experiences. Whether your child is a victim of bullying, he bullies others, has trouble managing anger, or has difficulty making or keeping friends, this group will provide opportunities to learn appropriate social skills to relate better with peers! This group is for children of all abilities. A meeting with the group leader is required prior to the start of the group. A parent group will be offered at the same time.

Monday, 01/14/08 - 03/17/08, 10 weeks  
6:00 p.m. - 7:00 p.m.

**Contact**

Catherine Barnhart, PsyD. 773-467-3765

**Location**

3145 W. Pratt Blvd, Chicago

Tuesday, 01/15/08 - 03/18/08, 10 weeks  
6:00 p.m. - 7:00 p.m.

**Contact**

Melissa James, PsyD 847-412-4396

**Location**

855 Revere Dr, Northbrook

**Fee:** \$250 per series

### **Girls Club, for Girls Ages 8-12**

Girls sometimes have difficulty navigating the complexities of friendships at this age. This ten-week group will focus on developing friendships, enhancing self-esteem and confidence and resolving conflicts with peers through play and fun social experiences. Whether your child has trouble managing anger or has difficulty making or keeping friends, this group will provide opportunities to learn appropriate social skills to relate better with peers. This group is for children of all abilities. A meeting with the group leader is required prior to the start of the group.

### **Girls Club, for Girls Ages 8-12 (cont.)**

Tuesday, 01/15/08 - 03/18/08, 10 weeks  
6:00 p.m. - 7:00 p.m.

**Contact**

Catherine Barnhart, PsyD. 773-467-3765

**Location**

3145 W. Pratt Blvd, Chicago

**Fee:** \$250 per series

Tuesday, 01/15/08 - 03/18/08, 10 weeks  
6:30 p.m. - 7:30 p.m.

**Contact**

Melissa James, PsyD 847-412-4396

**Location**

855 Revere Dr, Northbrook

**Fee:** \$250 per series

### **Twenty and Thirty Somethings**

#### **Young Adults in Transition--21 and Over**

Whether it is finishing school, finding the right career or moving out of your parents' home, join other young adults to talk about the transition from student life to the "real world."

Second and Fourth Thursday  
10/11/07 - 7/23/08  
5:00 p.m.-6:30 p.m.

**Leader**

Glenn Dillon, LCSW 847-568-5200

**Location**

5150 Golf Rd, Skokie

**Fee:** \$7

### **Young Adults with Disabilities**

#### **Coffee and Conversation: Building Healthy Relationships**

This group is for young adults with learning, intellectual and developmental disabilities who would like to meet new people and learn about how to build healthy relationships with family, friends and acquaintances.

Thursdays, 1/17/08 – 3/20/08, 10 weeks  
5:00 p.m. – 6:00 p.m.

**Leader**

Allison Latimer, LCSW

**Location**

3145 W. Pratt Blvd, Chicago

**Fee:** \$150 for the series