

ADULTS

Becoming More Assertive To Help Get What You Need

Adults can learn ways of overcoming shyness by looking at the fears and risks that prevent assertiveness. Leaving old messages behind, assessing what needs participants want to meet, and improving communication skills can enable growth.

Thursdays, 7:30-9:00 pm, 9/10-10/15 (6 weeks)

Contact Tema Rosenblum, LSW 847-272-2882

Location JCFS, 85 Revere Dr., Northbrook

Fee \$90 for the series

CHUPPAH PROJECT - Workshop For Jewish Engaged And Newly Married Couples

Join other Jewish couples for a day of learning to gain skills preparing you for the rest of your lives. Discussion will include expectations of your marriage, differing family backgrounds, communication, conflict resolution, and building a Jewish home together.

Sunday, 10:00-3:00 pm, 9/13 (once)

Contact Rosalie Greenberger, LCSW 224-625-2819

Location 5150 Golf Rd., Skokie

Fee \$150/per couple including lunch

Dealing with Separation and Divorce

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

Wednesdays, 7:00-8:30 pm, 10/7-11/11 (6 weeks)

Contact Rosalie Greenberger, LCSW 224-625-2819

Location 1156 Shure Dr., Suite 180, Arlington Heights

Fee \$90 for the series

OLDER ADULTS

Senior Drop-in Group

his weekly group invites all seniors to discuss whatever is on their minds. Past topics include politics, current events, health issues and relationships.

Wednesdays, 10:30 am-12:00 pm (weekly)

Contact Emily Burchfield, LCPC, AMFT 847-568-5105

Location 5150 Golf Rd., Skokie

Fee \$7 per session

Bright Ideas ESL

An ongoing English as a Second Language class for Russian-speaking refugees 60 and older. Interactive, fun, conversational. Beginners are welcome. Class is based on Bright Ideas ESL Curriculum, developed by the Coalition of Limited English Speaking Elderly (CLESE), specifically for the older learner. Open to refugees 60 and older only.

Mondays and Thursdays, 9:15-11:15 am (weekly)

Contact Barbara Urbanska-Yeager 773-866-5035

Location Smith Activities Center, 5120 Galitz St., Skokie

Fee No fee

For Holocaust Survivors- Conversation Groups

An ongoing group for Holocasut survivors to discuss the challenges of aging, politics, current events, news from Israel, family celebrations and more.

Mondays, 1:00-2:30 pm (weekly)

Contact Sheri Fox, LCSW 847-272-2882 and

David Bier, MSW 847-568-5100

Location Illinois Holocaust Museum and Education Center, 9603 Woods Dr., Skokie

Fee No Fee

OR

Thursdays, 2:00-3:30 pm (weekly)

Contact Audrey Cantor, LCSW 847-568-5151 and
Barbara Urbanska-Yeager 773-866-5035

Location JCFS, 3145 W Pratt Blvd., Chicago

Fee No Fee

CAREER- Suburban Resource Network

Co-sponsored by the Jewish Vocational Service

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.

Thursdays, 9:30 am-11:00 pm, 10/1-10/22 (4 weeks)

Contact Rosalie Greenberger, LCSW 224-625-2819 and
Roberta Glick, LCPC, NCC (JVS) 847-412-4304

Location JVS Career Planning Center, Bernard Weinger JCC,
300 Revere Dr., Northbrook

Fee No Fee

Getting Through The Holidays When You Are Unemployed

Being unemployed during the holiday season can be extra stressful. During this timely workshop, we will discuss handling invitations, attending family/social gatherings and responding to job-related questions. The discussion will also address the difficulty of balancing finances when there is a societal emphasis on spending.

Thursday, 2:00-3:30 pm, 11/19 (once)

Location JCFS, 5150 Golf Rd, Skokie

OR

Thursday, 9:30-11:00 am, 12/3 (once)

Location JCFS, 1156 W Shure Dr., Arlington Heights

Contact Rosalie Greenberger, LCSW 224-625-2819 and
Roberta Glick, LCPC, NCC (JVS) 847-412-4304

Fee No Fee

JEWISH HEALING NETWORK OF CHICAGO

Holy Work and Handiwork

Learn and follow Jewish tradition to heal ourselves and others through the work of our hands. Explore the connections between the creative process and the holy traditions of creating for others. Join this unique study and craft group, and knit, crochet, quilt or do other crafts to create for those in need. No previous experience necessary.

Tuesdays, 7:00-8:30 pm, 10/6-10/27 (4 weeks)

Thursdays, 10:30am-Noon, 10/8-10/29 (4 weeks)

Contact Carol Berry 847-568-5208

Location 5150 Golf Rd., Skokie

Fee \$60 for the series (some materials included)

Surviving the Loss of A Spouse Drop-In Group

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

Wednesdays, 1:00-2:30 pm (weekly, beginning 9/9)

Contact Rosalie Greenberger, LCSW 224-625-2819

Location JCFS, 1156 W Shure Dr, Arlington Heights

Fee \$7 per session

Bereavement Group For Adults Who Recently Lost A Parent

Sharing feelings and gaining support will help you through the adjustment and mourning process. Topics will include looking at the meaning the parent had in your early life and recently, ways of healing, dealing with family, and finding memories to help you move on.

Mondays, 7:30-9:00 pm, 9/14-10/26 (6 weeks, no 9/28)

Contact Tema Rosenblum, LSW 847-272-2882

Location JCFS, 85 Revere Dr., Northbrook

Fee \$90 for the series

Bereavement Group for Widows and Widowers

Share feelings and concerns while adjusting to the death of a spouse. Topics often include coping with grief, decision making, family and social relationships, building a new life, and staying healthy.

Thursdays, 4:00-5:30 pm, 10/15-11/19 (6 weeks)

Contact Tracey Lipsig Kite, LCSW 847-568-5216

Location JCFS, 5150 Golf Rd., Skokie

Fee \$42 for the series

Parents and Adult Siblings of the Alcoholic/Addict: Finding the Path of Hope and Recovery

Your adult child/sibling may be actively abusing alcohol and other drugs or may be working a 12-step Recovery program. The group will educate and empower parents and adult siblings to find a path towards healing and recovery.

Thursdays, 7:00-8:30 pm, 10/29-12/10 (6 weeks)

Contact Marcy Cohn, LCSW, CADC 847-568-5100

Location 5150 Golf Rd., Skokie

Fee \$90 for series for individual family member, \$45 for each additional family member

Survive and Thrive: BRCA Previvors Learning Alliance

The need to assist women in making complex and critical healthcare decisions is growing. "Survive and Thrive: BRCA Previvor Alliance" will serve as a source of empowerment for women, and an opportunity to gather information and resources. Each session will begin with a presentation, followed by a group discussion.

Teresa Woodruff, MD, an oncofertility expert will discuss cutting edge technology for preserving your fertility while reducing your cancer risk. A group discussion will follow.

Monday, 6:30-8:00 pm, 10/19 (once)

Contact Rosalie Greenberger, LCSW 224-625-2819

Location Northwestern Memorial Hospital, Chicago

Fee No Fee

Health psychologist Stephanie Ross, PhD will discuss how cancer risk reduction strategies, which range from surveillance to surgery, can affect relationships. A group discussion will follow her presentation.

Monday, 6:30-8:00 pm, 11/9 (once)

Contact Rosalie Greenberger, LCSW 224-625-2819

Location Northwestern Memorial Hospital, Chicago

Fee No Fee

Coping with your Chronic Physical Illness

Join others for a six-week group to share the challenges of living with a variety of chronic physical illnesses. Learn from others and find a community of people who understand your unique situation.

Day and time TBA

Contact Tracey Lipsig Kite, LCSW 847-568-5216

Location JCFS, 5150 Golf Rd., Skokie

Fee \$42 for the series

JCFS

Life Education Network

August - December 2009

Because Life Doesn't Come With An Instruction Book

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. Programs are designed for individuals eager 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. Tuition may be adjusted based on individual need; contact the program leader for more information. Some programs are free.

Where are the programs offered? Programs are held throughout the Chicago area. Locations are listed for each session and are generally at JCFS unless otherwise noted.

Two ways to register: Navigate to your desired group on our website and complete the online form (www.jcfs.org) or call the group leader listed in the program description.

Speakers Bureau: Suggestions for new topics are welcome. We can tailor specific programs for organizations, businesses, schools, synagogues and private groups. Our staff is available for speaking opportunities. To request a specific topic or speaker to your own group, please call **(847) 568-5216** or email us at LEN@jcfs.org.

Visit www.jcfs.org, calendar section

CHILDREN

Sibshops, for Children Ages 6-12

Sibshops offer brothers and sisters of children with 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!

Sundays, 2:30-5:30 pm 9/13, 10/18, 11/15, 12/6
(may register for one, two, three or all four sessions)
Contact Tamara Besser, LCSW 773-467-3751
Location JCFS, 255 Revere Dr., Suite 200, Northbrook
Fee \$25 per sibshop

Social Skills Group, for Children Ages 3-5

A small group for children enrolled in early childhood educational settings who are showing some difficulties in these settings. This group will enhance social skills and the ability to practice interactive and problem solving skills in a safe, supportive environment. Meeting with the group leaders is required before registration.

Day and time TBA (12 weeks)
Contact TBA 773-761-4550
Location Virginia Frank Child Development Center,
3033 W Touhy Ave., Chicago
Fee TBA

Building Your Own Friend “Ship”

This group will focus on developing friend “ships” and providing support for common social difficulties that children often experience. As children come aboard, they will learn how to resolve conflicts and cooperate with peers, deal with bullying (both physical and relational), and build and maintain lasting peer relationships. On this voyage group, leaders will help each child learn how to manage emotions, build social competence and self-esteem, and foster coping skills. By the end of the trip, children will have everything on board to navigate the calm and rough waters of social relationships!

Boys ages 9-12, Mondays, 6–7:00 pm, 10/5-12/7 (10 weeks)
Girls ages 9-12, Tuesdays, 6–7:00 pm, 10/6-12/8 (10 weeks)
Contact Andy Ross, LCSW 773-467-3774
Location JCFS, 3145 W Pratt Blvd., Chicago
Fee \$250 for the series

Group Firefly

For boys ages 11-13 who have been diagnosed with PDD, High-Functioning Autism, or Asperger’s Disorder. This therapeutic playgroup focuses on developing effective skills to build friendships, enhance cooperation and conflict resolution, read social cues, and maintain peer relationships. Counselors work closely with each child and family to reach individualized treatment goals. Registration meetings are required to match children who are a good fit and have similar needs.

Tuesdays, 6:30-7:30 pm, 10/6-12/8 (10 weeks)
Contact Melissa James, PsyD 847-412-4396
Location 255 Revere Dr., Northbrook
Fee \$250 for the series

Orthodox Children’s Social Skills Groups

These skill-building groups will focus on developing communication skills, social competence, and enhancing friendships. Through structured group activities, leaders will help group members resolve conflicts, cooperate in peer interactions, learn how to relate effectively and work together, maintain boundaries, and improve self-esteem and self-confidence. These groups will be separated by age and gender.

Boys 1st-3rd grade, Tuesdays, 5:00-6:00 pm, 10/6-12/8
Girls 1st-3rd grade, Wednesdays, 4:30-5:30 pm, 10/7-12/9
Girls 4th-6th grade, Thursdays, 5:00-6:00 pm, 10/8-12/10

Boys 4th-6th grade, beginning in January
Contact Claudine Dunne, PsyD 773-516-5531
Location 3525 W. Peterson Ave., Suite 400, Chicago
Fee \$250 for each series

PARENTS

Get-Together for Parents and Children: Ages 4 and under

An opportunity for parents to meet with other parents with young children. Get away from feeling “cooped up” and isolated by sharing experiences, ideas, and concerns with other parents and staff whose skills are in family and child development. Discuss development issues and watch them unfold as your child plays.

Tuesdays, 10:00-11:30 am (weekly, beginning 9/8)
Contact Joanne Kestnbaum, LCSW and
Elana Benatar, LCSW 773-761-4550
Location Virginia Frank Child Development Center,
3033 W Touhy Ave., Chicago
Fee \$10 per session

Limit Setting and Discipline

Some parents hate to be a disciplinarian; others wonder how strict is strict enough. This series will explore common concerns and strategies around providing realistic, consistent limits for children.

Thursday, 6:00-7:00 pm, 8/27, 9/10, 9/24 (3 Sessions)
Contact Melanie Shkolnik, LPC 773-516-5525
Location JCFS, 3525 W Peterson Ave., Chicago
Fee \$45 for the series

Beyond Limit Setting and Discipline

After learning limit setting and discipline, many parents need some extra support. This group is designed to give parents support on how to handle everyday struggles with children.

Last Thursday of the month, 7:00-8:30 pm (monthly)
Contact Melanie Shkolnik, LPC 773-516-5525
Location JCFS, 3525 W Peterson Ave., Chicago
Fee \$15 per session

The Parenting Challenge

This group will focus on developmental issues that can be particularly challenging for parents and children. This will be a short-term, topic-related group focusing on toileting, bedtime, and mealtime. Children will come with parents for play and discussion of the topics.

Thursdays, 10:00-11:30 am
Contact TBA 773-761-4550
Location Virginia Frank Child Development Center,
3033 W Touhy Ave., Chicago
Fee TBA

PROJECT ESTHER: THE CHICAGO JEWISH ADOPTION NETWORK

Project Esther offers a range of groups and programs for Jewish adoptive and prospective adoptive families. Upcoming programs may include:

- Adoption and the Jewish Family
- Talking to Children about Adoption
- Transracial/Transcultural Adoption and the Jewish Family
- Parenting Your Tween and Young Teen
- Prospective Adoptive Parents Support/Discussion Group
- Single Adoptive Parents Support/Discussion Group
- Chanukah party

For more information please contact Marsha Raynes, LCSW at 773-467-3747

PEOPLE WITH DISABILITIES AND THEIR FAMILIES

Parenting a Child with Special Needs: A Parent Support Group

Parents of children with special needs often experience a roller coaster of emotions. Parents can support one another as they discuss the stresses and challenges involved in parenting children with special needs. Topics will include: the parent’s grieving process; strategies for coping with multiple demands, roles, and stresses; managing family and social relationships; and the transformative experience of parenting a child with special needs.

Wednesdays, 7:00-8:30pm (weekly)
Contact Pamela Kaplan, LCSW 224-625-2804
Location JCFS, 1156 W Shure Dr., Arlington Heights
Fee \$15 per session

Adults In Transition

A social support group for adults with disabilities who are in their 20’s to mid 50’s. The group provides social support, conversation, and a safe environment to explore issues.

2nd and 4th Thursday of each month, 5:45-7:00 pm
(Bi-monthly)
Contact Sheri Fox, LCSW 847-272-2882
Location JCFS, 5150 Golf Rd., Skokie
Fee \$7 per session

Glick Family Camp

For children diagnosed with Autism/PDD, Cerebral Palsy, Mental Retardation, Spina Bifida, Motor and Cognitive Delays, Genetic and Medical Conditions that are associated with developmental delays, children who qualify for Early Intervention services and their families. Relax with your family, mingle with other families and enjoy the outdoors on 181 acres of Illinois countryside at Camp Henry Horner/ Camp Red Leaf in Ingleside, IL. Camp staff will lead children and adults in a variety of creative, stimulating and fun activities. JCFS clinical staff will facilitate sibling and parent groups. Every family is assigned a JCFS respite worker for the weekend.

Friday evening - Sunday afternoon, 9/11-9/13
Contact Tamara Besser, LCSW 773-467-3751
Location JCYS, Camp Red Leaf, Ingleside, IL
Fee \$110 per person, children under 3 are free. Partial scholarships are available. The fee includes 6 meals, snacks, lodging and activities.

Building Healthy Relationships, for Young Adults with Disabilities

This group is for young adults with learning, intellectual and developmental disabilities who would like to meet new people and learn how to improve their interpersonal skills and develop healthy relationships. Location, time and day of the week to be determined. If you are interested, please contact Tamara Besser, LCSW at 773-467-3751.

The Future is Now!: Future Planning for Families and Their Adult Relatives with Disabilities

Without adequate planning, adults with disabilities often face disruptive transitions when families can no longer serve as case managers, advocates and caregivers. The Future is Now! is designed to help you and your loved one complete a Letter of Intent which describes desired future living arrangement, community role and lifestyle preferences. It will include practical directions and information for maintaining continuity in your loved one’s daily life and needed supports to achieve these outcomes. Parents, siblings and other relatives concerned about the future planning for a loved one with a disability are welcome. A group for adults with disabilities to assist with discerning their hopes and wishes for the future will be offered concurrently.

Thursdays, 9:30 am-12:00 pm, 10/1-10/29 (5 weeks)
Contact Roseann Corcoran, LCSW 773-508-1694 or

Meredith Sices, LSW 773-467-3813

Location Bernard Horwich Building,
3003 W Touhy Ave., Chicago

Fee This is a pilot program. There will be no fees for the initial offering of The Future is Now! series.



It is the mission of Jewish Child and Family Services to provide help, healing and caring services infused with Jewish Values to strengthen lives in the Jewish community and the community at large.

For information about JCFS programs, please call our central office or visit us on the web:

216 W Jackson Blvd
Suite 800
Chicago, IL 60606
T 312 357 4800
F 312 855 3750

www.jcfs.org

JCFS is accredited by the Council on Accreditation of Services for Families and Children, Inc.
We are a partner in serving our community supported by Jewish Federation/Jewish United Fund.

