

MARYLAND AND NORTHERN VIRGINIA

# JSSA GROWTH AND LEARNING PROGRAMS

## Winter 2017



## SOCIAL SKILLS GROUPS

Within the context of a small, therapeutic group setting, children and adolescents who have difficulty in social situations learn desirable social behaviors such as initiating friendships, making conversation, sharing, group cooperation, showing care and empathy, problem-solving, self-control, and handling teasing and strong emotions.

**Cost:** \$75-85 per session (\$180 per session for parents, where applicable). Sessions may be insurance-reimbursable. A \$10 materials fee for handouts, worksheets and snacks, etc., and a \$15 fee for the Social Skills Guide for Parents will be collected at the first session of each group.

### Rockville – Fallsgrove Groups

Pre-registration required. Please contact our Maryland Inquiry and Screening Department at (301) 816-2633.

#### K-1 Social-Emotional Skills Group

**Tuesdays**, Feb. 28 - Jun. 13 • 4:30 pm

**Leader:** Jill Jerome-Parsons, LCSW-C

#### 2<sup>nd</sup> Grade; Boys Ages 7-8 Years

*Time limited group. Twelve sessions for boys and three group sessions for parents.*

**Mondays**, Mar. 13 - Jun. 19 • 4:45 - 5:45 pm

**Leader:** Stanley Fagen, Ph.D.

#### 3<sup>rd</sup> and 4<sup>th</sup> Grades; Boys Ages 8-9 Years

*Time limited group. Twelve sessions for boys and three group sessions for parents.*

**Tuesdays**, Mar. 14 - Jun. 13 • 4:30 - 5:30 pm

**Leader:** Stanley Fagen, Ph.D.

#### 4<sup>th</sup> and 5<sup>th</sup> Grades; Boys Ages 9-10 Years

*Time limited group. Twelve sessions for boys and three group sessions for parents.*

**Wednesdays**, Mar. 15 - Jun. 14 • 4:30 - 5:30 pm

**Leader:** Stanley Fagen, Ph.D.

#### 4<sup>th</sup> and 5<sup>th</sup> Grades; Boys Age 10

*Time limited group. Twelve sessions for boys and three group sessions for parents.*

**Thursdays**, Mar. 16 - Jun. 15 • 4:30 - 5:30 pm

**Leader:** Stanley Fagen, Ph.D.

#### 6<sup>th</sup>-8<sup>th</sup> Grades; Boys Ages 11-13 Years

*Time limited group. Twelve sessions for boys and three group sessions for parents.*

**Wednesdays**, Mar. 15 - Jun. 14 • 6:00 - 7:00 pm

**Leader:** Stanley Fagen, Ph.D.



### Northern Virginia Groups

Pre-registration required. Please contact our Northern Virginia Inquiry and Screening Department at (703) 896-7918.

#### 6<sup>th</sup>-8<sup>th</sup> Grade Social Skills Group

**Thursdays**, Mar. 2 - May 25 • 6:00 pm - 7:00 pm

**Leaders:** Jacintha Carson, LPC and Corrin Halter, MSW

# SOCIAL SKILLS THERAPY GROUPS FOR CHILDREN, ADOLESCENTS AND ADULTS WITH AUTISM SPECTRUM DISORDERS AND OTHER RELATED CHALLENGES

Groups for individuals with Autism Spectrum Disorders and other related disorders focus on strengthening the development and enhancement of social communication skills, social interactions, problem-solving, self-regulation, self-esteem and gaining real-world skills.

**Cost:** \$75 per session, unless otherwise noted as insurance-reimbursable. A \$10 materials fee for handouts, worksheets and snacks, etc., and a \$15 fee for the Social Skills Guide for Parents will be collected at the first session of each group.

## Rockville – Fallsgrove Groups

Pre-registration required.

### Connecting with Others

Age 40+, this group is insurance-reimbursable.

**Mondays**, Feb. 7 - Mar. 28 • 7:30 pm

**Leader:** Alison Dorsky, LCSW-C

To register, please contact Alison Dorsky, LCSW-C at (301) 610-8358 or [adorsky@jssa.org](mailto:adorsky@jssa.org).

### Social Skills Group

**Mondays**, Jan. 30 - May 1 • 5:00 - 6:00 pm

**Leader:** Zach Lehman, LCSW-C

To register, contact Zach Lehman, LCSW-C at [ZLehman@jssa.org](mailto:ZLehman@jssa.org).

### Winter Therapeutic Integration Social Skills Groups: Children/Teens with ASD

Dec. 27, 28, 29 & 30 • 10:00 am - 12:00 pm

**Leaders:** Natalie Pearce, LCSW-C and Jenna Bartels, LCSW-C

**Cost:** No charge—covered by Autism Waiver

To register, contact Natalie Pearce, LCSW-C at (301) 610-8349 or [npearce@jssa.org](mailto:npearce@jssa.org).

### Spring Therapeutic Integration Social Skills Groups: Children/Teens with ASD

Apr. 10, 11, 12, 13 & 14 • 10:00 am - 12:00 pm

**Leaders:** Natalie Pearce, LCSW-C and Jenna Bartels, LCSW-C

**Cost:** No charge—covered by Autism Waiver

To register, contact Natalie Pearce, LCSW-C at (301) 610-8349 or [npearce@jssa.org](mailto:npearce@jssa.org).



## Northern Virginia Groups

The following groups are insurance reimbursable. Pre-registration required. Please contact our Northern Virginia Inquiry and Screening Department at (703) 896-7918.

### Social Skills Group for 4<sup>th</sup> and 5<sup>th</sup> Grade Boys

*Limited availability.* 4<sup>th</sup> to 5<sup>th</sup> grade boys ages 9-10 with ASD or related disorders.

**Wednesdays**, Feb. 22 - May 17 • 5:00 pm

**Leaders:** Mary Iadarola, LCSW and Sarah Adair, MSW.

### Young Adults Social Skills Group

Men and women ages 18-25 with ASD or ADHD.

**Tuesdays**, Feb. 14 - May 16 • 6:00 pm

**Leader:** Elliott Schwartz, LCSW

### Cool, Calm and Connected for Young Adults Focusing on Relationships

Men and women ages 19-26 with ASD or related disorders.

**Wednesdays**, Feb. 1 - Apr. 19 • 7:00 pm - 8:00 pm

**Leaders:** Dawn Kaye, LCSW, and Sarah Adair, MSW

# SOCIAL CLUBS FOR TEENS AND ADULTS WITH AUTISM SPECTRUM DISORDERS AND RELATED CHALLENGES

## Maryland Social Clubs

### The Paul & Annetta Himmelfarb Foundation's Out and About! Social Club for Young Adults

For young adults ages 18-30. JSSA presents a social club for individuals diagnosed with autism spectrum disorders and related challenges. The club provides a variety of monthly social opportunities in a supportive environment with guidance from professionally trained staff who work with participants on improving social skills and their overall comfort in social situations. There will be a variety of monthly outings including field trips, games, art projects, movies, dining out and more.

**Sundays**, Jan. 22, Feb. 12, Mar. 19, Apr. 23 • Times vary based on the event

**Leaders:** Jenna Bartels, LCSW-C

**Cost:** \$30 per event

Pre-registration required. To register, contact Jenna Bartels, LCSW-C, at (301) 610-8390 or [jbartels@jssa.org](mailto:jbartels@jssa.org).

## Northern Virginia Social Clubs

### Going Places! Social Club

*In partnership with the Jewish Community Center of Northern Virginia*

The Jewish Community Center of Northern Virginia and the Jewish Social Service Agency present a social club for individuals of three different age groups with autism spectrum disorders and related challenges. The club provides social opportunities in a supportive environment with guidance from professionally trained staff, allowing the participants to gain confidence while interacting with others in a variety of social situations.

**Sundays**, Jan. 22, Feb. 12, Mar. 19, Apr. 2, May 7, Jun. 4 • Times vary based on the event

**Leaders:** Melissa Hochberg, M.Ed., Resource Specialist at JCCNV; Michal Berkson, LCSW, LICSW and Sarah Adair, MSW

**Cost:** \$30 per event

**Age groups:** Teens 14-18, young adults 18-26, and adults 27 and older. Please note each age group meets individually.

Pre-registration required. To register, contact Melissa Hochberg at (703) 537-3040 or [melissa.hochberg@jccnv.org](mailto:melissa.hochberg@jccnv.org).

### Social InNOVations a Social Club for College Students

*In partnership with the The Jewish Community Center of Northern Virginia and Northern Virginia Community College*

The Jewish Community Center of Northern Virginia, The Jewish Social Service Agency, and Northern Virginia Community College present a social club for local college students with disabilities. The club provides social opportunities in a supportive environment with guidance from professionally trained staff who work with participants on improving social skills and their overall comfort in social situations.

This group meets once a month on alternating Wednesday and Thursday evenings. Exact dates TBD • 3:30 - 5:30 pm

**Leaders:** Michal Berkson, LCSW, LICSW; Melissa Hochberg, M.Ed. Resource Specialist at JCCNV; and Tracy Bell, M.A. CRC, Disability Counselor at NVCC

**Cost:** \$20 per event

Pre-registration required. To register, contact Melissa Hochberg at (703) 537-3040 or [melissa.hochberg@jccnv.org](mailto:melissa.hochberg@jccnv.org).

## DEAF AND HARD OF HEARING GROUPS

### Rockville – Fallsgrove Groups

---

#### **The Paul & Annetta Himmelfarb Foundation Out and About Program: Deaf Social Club**

For young adults who identify as deaf or hard of hearing. Participants will be encouraged to engage with their peers in a fun and stimulating environment. Activities include local field trips, dining out, art projects, and more.

**Thursdays**, Jan. 12, Feb. 9; Mar. 9; Apr. 13 •  
6:00 - 8:00 pm

**Location:** Maryland-event locations will vary

**Leader:** Liz R. Katz, LCSW-C

**Cost:** \$30 per event

Pre-registration required. To register, contact  
Liz R. Katz, LCSW-C at [lkatz@gmail.com](mailto:lkatz@gmail.com).



## SUPPORT GROUPS

### Rockville – Fallsgrove Groups

#### Sibling Support Group

For siblings, ages 9-12, of children with physical and/or developmental disabilities. Groups may be co-ed and will be formed based on age and specific needs. Discussions will include education about disabilities, coping strategies, and strengthening communication.

**Wednesdays**, Jan. - Mar. • Exact dates and times TBD

**Leader:** Jenna Bartels, LCSW-C

**Cost:** \$210 for the series of six sessions

Pre-registration required. To register, contact Jenna Bartels, LCSW-C at (301) 610-8390 or [jbartels@jssa.org](mailto:jbartels@jssa.org).

#### Family Support Group

Support group for parents and caregivers of children with special needs—no specific age range or diagnosis.

**Tuesdays**, Jan. 17, Feb. 21, Mar. 21, Apr. 18, May 16 • 7:15 - 8:30 pm

**Leader:** Katie Giganti, LCSW-C

**Cost:** No charge

Pre-registration required. To register, contact Katie Giganti, LCSW-C at (301) 610-8382 or [kgiganti@jssa.org](mailto:kgiganti@jssa.org).

#### Support Group for Parents of Children with Autism Spectrum Disorders

This ongoing monthly support group for parents (and family members) of children and young adults with ASD focuses on sharing coping strategies and community resources, developing networks and gaining support.

**Mondays**, Jan. 9, Feb. 6, Mar. 6, Apr. 3, May 1, Jun. 5 • 7:00 - 8:15 pm

**Leader:** Jamell White, Ph.D., LCSW-C

**Cost:** No charge

Pre-registration required. To register, contact Jamell White, Ph.D., LCSW-C at (301) 610-8361 or [jdwhite@jssa.org](mailto:jdwhite@jssa.org).



## SUPPORT GROUPS *(Continued)*

### Rockville – Montrose Groups

#### Suicide Grief Support Group

Support groups for adults 21+ who have lost a loved one to suicide.

Jan. 3, Jan. 17, Feb. 6, Feb. 20, Mar. 6, Mar. 20, Apr. 3, Apr. 19, May 1, May 15, Jun. 5 • Time TBD

**Leader:** Ellen Lebedow, LCSW-C

**Cost:** No charge

Pre-registration required. To register, contact Ellen Lebedow, LCSW-C at (301) 816-2708 or [elebedow@jssa.org](mailto:elebedow@jssa.org).

#### Support Group for Bereaved Parents

Ongoing evening group for parents grieving the death of a child under 25 years of age.

**Mondays**, Jan. 9, Feb. 13, Mar. 13, Apr. 10 • 7:30 - 9:00 pm

**Leader:** Suzanne Adelman, LCSW-C

**Cost:** No charge

Pre-registration required. To register, contact Suzanne Adelman, LCSW-C at (301) 816-2683 or [sadelman@jssa.org](mailto:sadelman@jssa.org).

#### Support Group for Bereaved Spouses

Ongoing group for adults grieving the death of a spouse or partner occurring within the past year

**Fridays**, Jan. 13, Jan. 27, Feb. 10, Feb. 24, Mar. 10, Mar. 24, Apr. 14, Apr. 28 • 10:30 am - 12:00 pm

**Leader:** Irene Mednick, LCSW-C

**Cost:** No charge

Pre-registration required. To register, contact Suzanne Adelman, LCSW-C at (301) 816-2683 or [sadelman@jssa.org](mailto:sadelman@jssa.org).

### Northern Virginia Groups

#### Dealing with Divorce and Separation:

##### A Support Group for Children

This eight session group for kids ages 8-11 will be a safe place for those whose parents are in the process of separation or divorce, to explore their feelings and seek support from others experiencing similar circumstances.

**Thursdays**, Jan. 12 - Mar. 2 • 7:00 - 7:50 pm

**Leader:** Laura Macone, LGSW

**Cost:** \$280 for the 8-session series

Pre-registration required. To register, contact Laura Macone, MSW at (703) 896-7911 or [lmacone@jssa.org](mailto:lmacone@jssa.org).



#### Support Group for Parents of Adults with Autism Spectrum Disorders

A monthly support group for parents of adults (18+) who have been diagnosed with an Autism Spectrum Disorder. This is a chance to meet with other parents and hear from local experts.

**Wednesdays**, Feb. 15, Mar. 15, Apr. 19, May 17 • 7:00 - 8:00 pm

**Leader:** Adina Rosen, MSW

**Cost:** \$35 per session/person or couple

Pre-registration required. Please contact our Inquiry and Screening Department at (703) 896-7918.

## JSSA Group Locations

### Fallsgrove

200 Woodhill Road  
Rockville, MD 20850

### Montrose

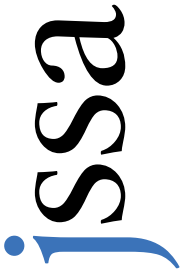
6123 Montrose Road  
Rockville, MD 20852

### Northern Virginia

3018 Javier Road  
Fairfax, VA 22031

## About JSSA

JSSA has been helping people across the Washington metropolitan area meet emotional, social, and physical challenges for more than 120 years. A nonsectarian provider, we serve people of all religious backgrounds, races and ethnicities, helping the youngest child to the most fragile senior, from individuals to entire families. JSSA provides services and support to more than 30,000 individuals a year through our wide range of counseling, educational, specialized employment, in-home support, hospice and nursing care, and social services.



**Jewish Social Service Agency**

200 Wood Hill Road  
Rockville, Maryland 20850

contactus@jssa.org  
www.jssa.org

