

# JSSA Growth and Learning Programs

W I N T E R / S P R I N G 2 0 1 6

M A R Y L A N D A N D N O R T H E R N V I R G I N I A

Groups  
Clubs  
Programs  
Trainings  
Seminars  
Workshops

For the best in child, family and senior services...Think



**Help JSSA "Go Green!"**

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# Winter/Spring Workshops and Groups 2016

## CHILDREN AND ADOLESCENT SOCIAL SKILLS THERAPY GROUPS

JSSA has been offering social skills therapy groups for more than 20 years and has developed a proven model. 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 (*may be insurance-reimbursable*). A \$10 materials fee (covering handouts, snacks, etc.) will be collected at the first session of each group. There is also a \$15 fee for the "JSSA Social Skills Parent Guide," designed specifically to help parents reinforce skills at home.

For program information (unless otherwise noted), please call: 301.816.2633 (MD) or 703.896.7918 (NoVA)

### 200 Wood Hill Road, Rockville Groups

Boys and girls, grades K-1, ages 5-7 years

Tuesdays, TBA; 4:00-5:00 p.m.

Leader: Jill Jerome-Parsons, LCSW-C

Boys, grades 3-4, ages 9-10 years \*

Two separate groups to be held

Tuesdays, March 8 - June 7; 4:45-5:45 p.m.

Thursdays, March 10 - June 2; 4:30-5:30 p.m.

Leader: Stanley Fagen, Ph.D.

Boys, grades 4-5, ages 10-11 years \*

Mondays, March 7 - June 6; 5:00-6:00 p.m.

Leader: Stanley Fagen, Ph.D.

Boys, grades 5-6, ages 11-12 years \*

Wednesdays, March 9 - June 1; 4:30-5:30 p.m.

Leader: Stanley Fagen, Ph.D.

Boys, grades 7-8, ages 12-13 years \*

Wednesdays, March 9 - June 1; 6:00-7:00 p.m.

Leader: Stanley Fagen, Ph.D.

Please note: "\*" indicates group with limited availability.



Please see "JSSA's Center for Autism Throughout the Lifespan" for social skills therapy groups for children, adolescents and adults with autism spectrum disorders.

## FAMILY AND RELATIONSHIP GROUPS AND PROGRAMS



### DEALING WITH DIVORCE

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.

**When:** Every other Wednesday, Jan. 6 - May 25; 6:00-6:50 p.m.

**Where:** 3018 Javier Road, Fairfax

**Facilitator:** Martha Fischer, MS, Resident in MFT

**Cost:** \$25 per session

**Pre-registration required:** 703.896.7557

New!

### LEARNING TO WORK TOGETHER

Group for 4-5 year olds and their parents. Preschoolers will focus on managing emotions and developing skills. Parents will receive strategies for supporting their child.

**When:** Weekly, Mondays, starting in April; 1:00-1:50 p.m.

**Where:** 3018 Javier Road, Fairfax

**Facilitators:** Fern Levy, LCSW, Michal Berkson, LCSW, LICSW, & Naama Malkesman, LCSW, LICSW

**Cost:** \$150 per session (\$75 each for parent and child) May be reimbursable by insurance.

### YOU AND YOUR AGING PARENTS

Support group for adult children with aging parent issues including coping with illness and balancing your own needs and those of frail parents living alone.

**When:** Monthly, Mondays, 7:30-9:00 p.m.

**Where:** 6123 Montrose Road, Rockville

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

**Cost:** \$15 per session

**Pre-registration required:** 301.816.2635

For more details about groups:  
[www.jssa.org/workshops-groups](http://www.jssa.org/workshops-groups)

# Winter/Spring Workshops and Groups 2016

## BEREAVEMENT SUPPORT GROUPS

### BEREAVED PARENTS SUPPORT GROUP

Ongoing evening group for parents grieving the death of a child under 25 years of age. This group is offered at no charge.

**When:** Monthly, Dates and Times TBA

**Where:** 6123 Montrose Road, Rockville

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

**Pre-registration required:** 301.816.2683

### LOSS OF SPOUSE BEREAVEMENT SUPPORT GROUP

Ongoing group for adults grieving the death of a spouse or partner occurring within the past year. This group is offered at no charge.

**When:** 2nd & 4th Fridays; 10:30 a.m.-noon

**Where:** 6123 Montrose Road, Rockville

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

**Pre-registration required:** 301.816.2683

### LOSS OF A PARENT SUPPORT GROUP

Ongoing group for adults grieving the recent loss of a parent. This group is offered at no charge.

**When:** Dates and Times TBA

**Where:** 200 Wood Hill Road, Rockville

**Facilitator:** TBA

**Pre-registration required:** 301.816.2683

### SUICIDE GRIEF SUPPORT GROUP

Support group for those who have lost a loved one to suicide. This group is offered at no charge.

**When:** 1st and 3rd Mondays; Times TBA

**Where:** 6123 Montrose Road, Rockville

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

**Pre-registration required:** 301.816.2708

### NOW AVAILABLE:

### TEEN SUICIDE GRIEF SUPPORT GROUP

For teens age 14-17 who are grieving the loss of a loved one. This group is offered at no charge.

**When:** Dates and Times TBA

**Where:** 200 Wood Hill Road, Rockville

**Facilitator:** Heidi Cohen, LCSW-C

**Pre-registration required:** 301.610.8379

New!



*"My hope for my new friends is this; have courage to smile, love and laugh; reach out to those who need a helping hand and endeavor to never live with regret."*

## NEW! Resources

### Staff Tips & Strategies



Through the following helpful articles and practical tips, JSSA's professional team addresses a wide variety of issues related to health and well-being.

### Our Growing Library of 65+ Articles Includes:

- ▶ How to be "Heard" in the Workplace
- ▶ Building Resilience in Your Child
- ▶ The Basics about Depression and Seniors
- ▶ Talking with a Child with Special Needs about Death and Dying
- ▶ Cyberbullying and Your Child

## Visit [www.jssa.org/tips4u](http://www.jssa.org/tips4u)



We Believe that  
**Communication Leads to  
Community**

Through Facebook, Twitter, LinkedIn and YouTube, JSSA shares valuable and relevant news and information about:

- ▶ Relationships
- ▶ Parenting
- ▶ Special Needs
- ▶ Aging
- ▶ End-of-Life Care

**Like, Follow, Share  
and Comment**

For more information:  
[contactus@jssa.org](mailto:contactus@jssa.org) • [www.jssa.org](http://www.jssa.org)

# Winter/Spring Workshops and Groups 2016

## SPECIAL NEEDS WORKSHOPS, GROUPS AND SERVICES

### PUT YOURSELF FIRST

Self-care workshop series for deaf adults, including topics such as nutrition, and health services.

**When:** Thursdays, Feb. 25, Mar. 24, Apr. 21, May 19 7:00-8:30 p.m.

**Where:** 200 Wood Hill Road, Rockville

**Facilitators:** Lizabeth Katz, LCSW-C;

**Cost:** \$50 per session

**Pre-registration required:** lkatz@jssa.org

### FAMILY SUPPORT GROUP

For families of children with special needs, no specific age range or diagnosis.

**When:** Tuesdays, Feb. 16, Mar. 15, Apr. 19, May 17, Jun. 21 7:15-8:30 p.m.

**Where:** 200 Wood Hill Road, Rockville

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

**Cost:** No charge

**Pre-registration required:** 301.610.8382

### SIBLING SUPPORT WORKSHOP

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

**When:** Dates and Times TBA

**Where:** 200 Wood Hill Road, Rockville

**Facilitators:** Jennifer Sibley, LGSW & Jenna Bartels, LGSW

**Cost:** \$210 for the series of 6 sessions

**Pre-registration required:** 301.610.8350 jsibley@jssa.org

### CHILDREN OF DEAF ADULTS SUPPORT GROUP

A safe place to discuss shared experiences, explore feelings, and seek support from others who have deaf parents. Groups will be formed based on age/specific needs.

**When:** Dates and Times TBA

**Where:** 200 Wood Hill Road, Rockville

**Facilitators:** Jennifer Sibley, LGSW

**Cost:** \$210 for the series of 6 sessions

**Pre-registration required:** 301.610.8350 jsibley@jssa.org

New!

EXPANDED

## Specialized Employment

Those with a disability face an unemployment rate of more than twice the national average. For more than 20 years, JSSA's specialized employment team has been highly successful in helping individuals with disabilities defy the odds and gain competitive, meaningful employment and independence.

### CAREER CONNECTIONS

- Our multi-disciplinary team has a deep knowledge of and experience with private sector job development
- We empower our clients to gain competitive employment and become self-sufficient

### CAREER DEVELOPMENT AND SUCCESS

- Customized job development, on-going retention support and job coaching services
- Assistance with job applications, resumes, cover letters and job interviews
- Socialization and social service support

## Specialized employment works!



In the words of his manager, "Greg has become a key employee who in many ways has set an example to those who have no disabilities, by being a punctual, committed employee, who takes great pride in all aspects of his work."

## ASL and Spanish-Speaking Specialists Available

For more information:  
contactus@jssa.org • www.jssa.org



# Center for Autism Through the Lifespan



The Center for Autism Through the Lifespan helps individuals on the spectrum and their families make informed decisions and access services that maximize development potential, functioning and quality of life. Services are offered at the **Rockville** and **Fairfax** offices.

Visit [www.jssa.org](http://www.jssa.org) to learn more.

## SOCIAL SKILLS THERAPY GROUPS

### FOR CHILDREN, ADOLESCENTS AND ADULTS WITH AUTISM SPECTRUM DISORDERS AND OTHER RELATED DISORDERS



JSSA has been serving individuals with autism spectrum disorders and offering social skills groups for over 20 years. Our uniquely individualized and proven model is offered in a small-group therapeutic setting, focusing 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 (*may be insurance-reimbursable*). A \$10 materials fee (covering handouts, snacks, etc.) will be collected at the first session of each group. There is also a \$15 fee for the "JSSA Social Skills Parent Guide," designed specifically to help parents reinforce skills at home.

**Please note:** "\*" indicates group with limited availability.

### 200 Wood Hill Road, Rockville Groups

**Boys, grades 6-8, ages 11-13\***

**Mondays**, Feb. 8 - May 1; **6:00-7:00 p.m.**

Leader: Zach Lehman, LCSW-C

**Connecting with Others\***

This social skills group for men and women ages 40+ focuses on building self confidence in social settings.

**Mondays**, Feb. 1 - Mar. 21; **7:15-8:15 p.m.**

Leader: Alison Dorsky, LCSW-C

**Was That A Joke?**

A 4-session co-ed group for middle school students with ASD to discuss the differences between teasing and bullying, and how to respond in an effective way.

**Mondays**, Feb. 29 - Mar. 21; **5:00-6:00 p.m.**

Leaders: Jenna Bartels, LGSW & Jennifer Sibley, LGSW



**School is Hard!**

For middle or high school age students with ASD. Focuses on providing support, facilitating social interactions, and learning appropriate coping skills.

**Boys - Tuesdays**, Mar. 1 - May 24; **4:00-5:00 p.m.**

**Girls - Thursdays**, Mar. 3 - May 26; **4:00-5:00 p.m.**

Leaders: Jenna Bartels, LGSW & Jennifer Sibley, LGSW

### 3018 Javier Road, Fairfax Groups

**Boys, grades 2-3, ages 7-9\***

**Mondays**, Feb. 22 - Jun. 6; **4:00-4:50 p.m.**

Leaders: Michal Berkson, LCSW, LICSW;  
M.E. Elliott, MSW

**Boys, high school, ages 14-18\***

**Thursdays**, Feb. 11 - Apr. 28; **6:00-7:00 p.m.**

Leader: Elliott Schwartz, LCSW

**Social Smarts for the Savvy Adolescent**

**Boys and girls, grades 6-7, ages 11-13**

**Thursdays**, Feb. 11 - May 12; **6:00-6:50 p.m.**

Leader: Sarah Ince, LCSW

**Cool, Calm and Connected for Young Adults\***

For men and women ages 19-27. This group will focus on learning appropriate ways to handle stress, anxiety, and disappointment. The group will also work on strengthening social interactions, communication, and relationships with parents, peers, siblings, classmates, and co-workers.

**Tuesdays**, Feb. 9 - May 3; **7:00-8:00 p.m.**

Leader: Dawn Kaye, LCSW

**Please note:** "\*" indicates group with limited availability.

JSSA provides treatment and employment without regard to race, color, age, national origin, gender, religion, sexual orientation or disability. JSSA accepts most insurance and participates in many managed care programs.

Fees for some services can be adjusted based on income.

For program information (unless otherwise noted), please call: **301.816.2633** (Rockville)  
**703.896.7918** (NoVA)

# SOCIAL CLUBS

## FOR TEENS AND ADULTS WITH LEVEL 1 AUTISM SPECTRUM DISORDERS AND RELATED DISORDERS

### GOING PLACES! - NORTHERN VIRGINIA

JSSA and the Jewish Community Center of Northern Virginia (JCCNV) present three social clubs for individuals diagnosed with a Level 1 Autism Spectrum Disorder (formerly Asperger's syndrome and PDD-NOS). The clubs provide monthly social opportunities in a structured and supportive environment with guidance from professionally trained staff, allowing the participants to gain confidence while interacting with others in a variety of social situations.

#### FOR TEENS (AGES 14-17)

**When:** Sundays, Jan. 24, Feb. 21, Mar. 13, Apr. 10, May 1, Jun. 5, Times TBA

#### FOR YOUNG ADULTS (AGES 18-27)

**When:** Sundays, Jan. 24, Feb. 21, Mar. 13, Apr. 10, May 1, Jun. 5, Times TBA

#### FOR ADULTS (AGES 27+)

Sundays, Jan. 24, Feb. 21, Mar. 13, Apr. 10, May 1, Jun. 5, Times TBA

**Where:** Northern Virginia - event locations will vary  
**Facilitators:** Michal Berkson, LCSW, LICSW, JSSA; Melissa Hochberg, M.Ed., Resource Specialist, JCCNV  
**Cost:** \$30 per event

### SOCIAL INNOVATIONS- NORTHERN VIRGINIA

JSSA, the Jewish Community Center of Northern Virginia (JCCNV) and Northern Virginia Community College present a social club for Northern Virginia Community College students and other local college students with disabilities.

**Monthly**, alternating Wednesday and Thursday evenings, 5:00-7:00 p.m. Dates TBA

**Where:** Northern Virginia - event locations will vary  
**Facilitators:** Michal Berkson, LCSW, LICSW, JSSA; Melissa Hochberg, M.Ed., Resource Specialist, JCCNV, Tracy Bell, MA, CRC, NVCC

**Cost:** \$10 per event

**Pre-registration is required for all NoVA social clubs:** 703.537.3040; melissa.hochberg@jccnv.org



New!

### THE PAUL & ANNETTA HIMMELFARB FOUNDATION OUT AND ABOUT! PROGRAM - MARYLAND



For individuals diagnosed with a Level 1 Autism Spectrum Disorder (formerly Asperger's syndrome and PDD-NOS). Participants will be encouraged to engage with their peers in a fun and stimulating

environment. Activities include local field trips, art projects, movies, dining out, and more.

#### FOR YOUNG ADULTS (AGES 18-30)

**When:** Sundays, Jan. 10, Feb. 21, Mar. 20, Apr. 10, May 22, Times TBA

**Where:** Maryland - event locations will vary  
**Pre-registration required:** 301.610.8328

**Facilitator:** Jenna Bartels, LGSW, Jessica Rider Amin, LGSW, Jennifer Sibley, LGSW;  
**Cost:** \$30 per event

## SUPPORT GROUPS

### FOR INDIVIDUALS WITH AUTISM SPECTRUM DISORDERS AND THEIR FAMILIES

#### 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.

**When:** Mondays, Jan. 4, Feb. 1, Mar. 7, Apr. 4, May 2, Jun. 6; 7:00-8:15 p.m.

**Where:** 200 Wood Hill Road, Rockville  
**Facilitator:** Jamell White, Ph.D., LCSW-C  
**Cost:** No charge  
**Pre-registration required:** 301.610.8361

JSSA relies on the generosity of our donors to support the many free or sliding scale services and programs that we provide to the community. [www.jssa.org/donate](http://www.jssa.org/donate)

# Autism Waiver Services

FOR INDIVIDUALS WITH AUTISM  
SPECTRUM DISORDERS  
AND THEIR FAMILIES

**NEW!**

JSSA is now a Maryland Autism Waiver program provider.

A limited number of children, teens and young adults with autism spectrum disorder who need intensive care can participate in Maryland's Autism Waiver program regardless of family income. The program entitles participants to receive both Waiver services and Medicaid services according to needs.

JSSA provides the following Autism Waiver Services: therapeutic integration services, adult life planning and family consultations.

**200 Wood Hill Road, Rockville**

**SPRING BREAK THERAPEUTIC INTEGRATION  
SOCIAL/COMMUNICATION GROUP**

For children/teens who currently receive Autism Waiver services. Within the context of a small, therapeutic group setting, participants enhance their social communication skills and self esteem.

**When:** Mar. 29 - Apr. 1; Time TBA

## PROFESSIONAL TRAININGS

**TRAININGS ARE FOR MENTAL HEALTH  
PROFESSIONALS AND EDUCATORS ONLY**

**All Courses offered at 200 Wood Hill Rd, Rockville**

**Feb. 23, 9:00-12:15** - Irritability, Bipolar Disorder, Severe/Disruptive Mood Dysregulation in Children and Youth

**Mar. 8, 9:00-12:15** - Assessing and Working with Children with Sexual Behavior Problems

**Mar. 22, 9:00-12:15** - Evidence Based Social Skills for Teens and Young Adults with ASD and Social Anxiety

**Apr. 19, 9:00-12:15** - Assessment, Research Update and Treatment of Anxiety Disorders in Children and Adolescents

**May 20, 9:00-12:15** - Clinical Ethics and Risk Management

**June 7, 9:00-12:15** - Unified Protocol for Transdiagnostic Treatment of Emotional Disorders for Adults and Adolescents

**8 CE Post-Grad Course: CBT for Adults with Anxiety**  
**Registration Required. Email [traininginstitute@jssa.org](mailto:traininginstitute@jssa.org)**  
Monthly, Feb. - May, 6:30-8:30 PM

**Visit [www.jssa.org/traininginstitute](http://www.jssa.org/traininginstitute) for more details.**

# JSSA Stories

## Rose's Story

**"I feel relieved that my mother is  
in the caring hands of JSSA..."**



After my father died, my mother chose to stay in her house and live on her own. I was very worried for her since she was too frail to drive and could

no longer cook. When I would call to check on her, she wouldn't remember whether she had eaten or taken her medication. My wife and I helped care for her, but we couldn't always be by her side.

I learned about JSSA and Premier Homecare and decided to ask for help. We met with one of JSSA's trained professionals, and we came up with a plan that included Meals-on-Wheels, transportation support and a visiting companion. JSSA's help allowed her to stay in the home she loved."

## Rachel's Story



**"Divorce is  
never easy..."**

After a number of unhappy years, my husband and I finally knew it was time to separate. Our

primary concern was our daughter Rachel. We did not want her to endure the horrible divorce experiences we had seen in other families.

Our family lawyer recommended the collaborative divorce approach. We had never heard of it, but liked the idea of a collaborative and problem-solving focus. We decided to give it – and JSSA – a try. It was by far one of the best decisions we have made together in a long time."

**Share Your JSSA Story**

*(Names can be changed to protect privacy)*

**[contactus@jssa.org](mailto:contactus@jssa.org)**