

# JSSA Growth and Learning Programs

FALL 2015

MARYLAND AND NORTHERN VIRGINIA

Groups  
Clubs  
Programs  
Trainings  
Seminars  
Workshops

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



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# Fall Workshops and Groups 2015

## 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**, Oct. 13 - Dec 22; **4:00-5:00 p.m.**

Leaders: Jill Parsons, LCSW-C; Janice Ulrich, LGPC

**Boys, grades 2-3, ages 7-8 years**

**Thursdays**, October 15 - January 21; **4:30-5:30 p.m.**

Leader: Stanley Fagen, Ph.D.

**Boys, grades 3-4, ages 8-9 years\***

**Tuesdays**, October 13 - January 12; **4:30-5:30 p.m.**

Leader: Stanley Fagen, Ph.D.

**Boys, grades 4-5, ages 9-10 years\***

**Mondays**, October 12 - January 11; **5:00-6:00 p.m.**

Leader: Stanley Fagen, Ph.D.

**Boys, grades 5-6, ages 10-11 years\***

**Wednesdays**, October 14 - Jan. 20; **4:30-5:30 p.m.**

Leader: Stanley Fagen, Ph.D.

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

**Wednesdays**, October 14 - Jan 20; **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: 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.

**When:** Every other Wednesday, Oct. 7 - Jan 20; 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

### 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)

# Fall Workshops and Groups 2015

## 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

### SUPPORT GROUP FOR ADULTS GRIEVING THE LOSS OF A PARENT

Support group for adults grieving the 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

### COMING THIS FALL:

### TEEN SUICIDE GRIEF SUPPORT GROUP

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

**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 Address "Mean Girls" Behavior
- ▶ Soothing Sibling Rivalry
- ▶ The Basics about Depression and Seniors
- ▶ Talking with a Child with Special Needs about Death and Dying
- ▶ Understanding and Managing Your Child's Warning Signs of Stress

## 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)

# Fall Workshops and Groups 2015

## SPECIAL NEEDS WORKSHOPS, GROUPS AND SERVICES

### DEAF ADULTS THERAPY GROUP: LIFETIME RELATIONSHIPS, LIFETIME LESSONS

Therapy group for deaf adults (25+) to share their joys and sorrows, hopes and fears, coping mechanisms and strategies for improving relationships.

**When:** Thursdays, Sept. 17 - Nov. 19; 7:00-8:30 p.m.

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

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

**Cost:** \$75 per session (*May be insurance-reimbursable.*)

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

### FAMILY SUPPORT GROUP

For parents of children with special needs.

**When:** Tuesdays, Sept. 8, Oct. 20, Nov. 17, Dec. 15, Jan. 19  
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

**Facilitator:** Jessica Rider Amin, LGSW

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

**Pre-registration required:** 301.610.8328



## 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.

#### 200 Wood Hill Road, Rockville Groups

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

**Mondays, Oct. 12 - Jan 11; 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 improving verbal and non-verbal communication in a variety of settings.

**Mondays, Oct. 12 - Dec 21; 7:00-8:00 p.m.**

Leader: Alison Dorsky, LCSW-C

#### 3018 Javier Road, Fairfax Groups

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

**Mondays, Oct. 19 - Jan. 25; 4:00-4:50 p.m.**

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

**Boys and girls, grades 4-6, ages 9-11 years**

**Wednesdays, Sep. 30 - Jan. 6; 5:00-5:50 p.m.**

Leaders: Rebecca Porter, LCSW;  
Mary Iadarola, LCSW

**Boys and girls, grades 7-8, ages 12-14**

**Thursdays, Sept. 24 - Dec. 17; 6:00-6:50 p.m.**

Leaders: Sarah Ince, LCSW;  
Jacintha Henry, LCPC

**Boys, grades 10-12, ages 15-18\***

**Thursdays, Sept. 17 - Dec. 10; 6:00-7:00 p.m.**

Leader: Elliott Schwartz, LCSW

#### Cool, Calm and Connected for Young Adults

For ages 19-30. Participants will focus on learning appropriate ways to handle stress and anxiety, and work on strengthening social interaction and communication skills.

**Tuesdays, Oct. 27 - Jan. 19; 7:00-8:00 p.m.**

Leader: Dawn Kaye, LCSW

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

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

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)

# 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 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.

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

**When:** Sundays, Sept. 27, Oct. 18, Nov. 8, Dec. 6, Jan. TBA

#### FOR YOUNG ADULTS (AGES 18-26)

**When:** Sundays, Sept. 27, Oct. 18, Nov. 8, Dec. 6, Jan. TBA

#### FOR ADULTS (AGES 27+)

**When:** Sundays, Sept. 27, Oct. 18, Nov. 8, Dec. 6, Jan. TBA

**Where:** Northern Virginia - event locations will vary times will vary based on event

**Facilitators:** Dawn Kaye, LCSW, JSSA; Michal Berkson, LCSW, LICSW, JSSA; Melissa Hochberg, M.Ed., Resource Specialist, JCCNV  
**Cost:** \$30 per event

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



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.

### 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, Sep. 20, Oct. 18, Nov. 22, Dec. 13, Times TBA

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

**Pre-registration required:** 301.610.8328

**Facilitator:** Jessica Rider-Amin, 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 (also open to other family members) focuses on sharing coping strategies and community resources, developing networks and gaining support.

**When:** Mondays, Oct. 12, Nov. 9, Dec. 7, Jan. 4, 7:00-8:15 p.m.

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

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

**Cost:** No charge

**Pre-registration required:** 301.610.8361

# 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**

## WINTER 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:** Dec. 28 - 31; Time TBA

## PROFESSIONAL TRAININGS

TRAININGS ARE FOR MENTAL HEALTH  
PROFESSIONALS AND EDUCATORS ONLY

### FALL SYMPOSIUM - When Children Fear School

This 6 CE training will outline a comprehensive treatment approach to anxiety-based school refusal and related mental disorders.

**Oct. 16, 9:00-4:30** - USG-UMD Campus, Rockville

**Fall - 3 Credit CEs - 200 Wood Hill Road, Rockville**

**Oct. 20, 9:00-12:15** - Resilience Building  
Psychotherapy for Medically Ill Outpatients

**Nov. 3, 9:00-12:15** - Psychotherapy for Marital and  
Family Issues of Older Adults

**Coming in Dec:** Issues in Working with LGBT Teens

**Post-Grad Course: CBT for Anxious Children,  
Adolescents and Their Parents; Registration  
Required. Email [traininginstitute@jssa.org](mailto:traininginstitute@jssa.org)**

Monthly, Sept. - Dec., 6123 Montrose Rd, Rockville

Visit [www.jssa.org/jssa-training-institute](http://www.jssa.org/jssa-training-institute) 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)**