

# GROWTH AND LEARNING PROGRAMS

## SUMMER 2016

MARYLAND AND NORTHERN VIRGINIA

### DEAF AND/OR HARD OF HEARING

#### Children of Deaf Adults Support Group

This six session workshop for children of Deaf and/or Hard of Hearing adults will be a safe place to discuss shared experiences, explore feelings, and seek support from others who have Deaf and/or Hard of Hearing parents. Groups will be formed based on age and specific needs.

**Dates:** July 11, 18, 25 • August 1, 8, 15

**Time:** 2:00 pm

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

**Cost:** \$210 for 6 sessions

Pre-registration required. Please contact Jennifer Sibley, LGSW, at (301) 610-8350 or [jsibley@jssa.org](mailto:jsibley@jssa.org).

#### Deaf Adults Coping with ADHD/ADD

Deaf and/or Hard of Hearing adults 25 and older will have the opportunity to learn helpful hints to strengthen support systems and deal with structure, organization and medication.

**Dates:** June 9, 16, 23, 30 • July 7, 14, 21, 28

**Time:** 3:00 pm

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

**Cost:** \$75 per session

May be insurance reimbursable. Pre-registration required. Please contact our Inquiry and Screening Department at (301) 816-2633 or [contactus@jssa.org](mailto:contactus@jssa.org).

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

For young adults who identify as Deaf and/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.

**Dates:** June 9 • July 4 • August 11

**Time:** 6:00 pm – 8:00 pm

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

**Cost:** \$15 per event

Pre-registration required. Please contact Jennifer Sibley, LGSW, at (301) 610-8350 or [jsibley@jssa.org](mailto:jsibley@jssa.org).



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## SOCIAL SKILLS GROUPS

### Connecting with Others

Social Skills Therapy Group for adults 45+ with a Level 1 Autism Spectrum Disorder or other similar social communication challenges.

**Dates:** July 11, 18, 25 • August 1, 8, 15, 29

**Time:** 7:30 pm – 8:30 pm

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

**Cost:** \$75 per session

May be insurance reimbursable. Pre-registration required. Please contact Alison Dorsky, LCSW-C, at (301) 610-8358 or [adorsky@jssa.org](mailto:adorsky@jssa.org).

### Going Places! Social Club

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

JSSA and the Jewish Community Center of Northern Virginia present a social club for individuals diagnosed with a Level 1 Autism Spectrum Disorder. The club provides social opportunities in a structured and supportive environment with guidance from professionally trained staff, allowing the participants to gain confidence while interacting with peers in a variety of social situations.

**Dates:** June 5 • July 10 • August 28 • September 18

**Time:** times vary based on each event

**Location:** Northern Virginia – event locations will vary

**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. Please contact Melissa Hochberg at (703) 537-3040 or [melissa.hochberg@jccnv.org](mailto:melissa.hochberg@jccnv.org).

### Kindergarten Readiness (K-Ready!) Play Skills

Through stories, activities, and play, social-emotional needs are identified and skills are developed to prepare your child for Kindergarten. Specialized parenting strategies and support is an integrative component of the program. Rising kindergarteners only: rising Pre-K will not be accepted.

**Dates:** Tuesday, June 28 – August 16

**Time:** 3:30 pm – 4:45 pm

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

**Cost:** \$75 per session

Facilitators: Jill Jerome-Parsons, LCSW-C, and Janice Ulrich, LGPC. May be insurance reimbursable. Pre-registration required. Please contact our Inquiry and Screening Department at (301) 816-2633.

### Navigating Life: Independent Life Skills for Young Adults with Autism Spectrum Disorders

This workshop is for young adults, 19-30, who have a high functioning Autism Spectrum Disorder and are interested in developing life skills to promote independence. Workshop topics include organization and time management, budgeting and money management, communication skills, as well as grocery shopping and cooking. *A brief 30 minute assessment is required prior to the first session.*

**Dates:** June 21, 28 • July 12, 19, 26 • August 2, 9, 16

**Times:** 10:00 am – 11:30 am

**Location:** 3018 Javier Road, Northern Virginia

**Cost:** \$340 for the series of 8 sessions plus \$20 pre-screening fee

Pre-registration required. Please contact Jacintha Henry Carson, LCPC, NCC, at (703) 896-7913 or [jcarson@jssa.org](mailto:jcarson@jssa.org).

## SOCIAL SKILLS GROUPS *(Continued)*

### Social InNOVations

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

JSSA, The Jewish Community Center of Northern Virginia and Northern Virginia Community College present a monthly social club for local college students with disabilities.

**Dates:** June 8 • July 14

**Time:** 5:00 pm – 7:00 pm

**Location:** Northern Virginia – event locations will vary

**Cost:** \$20 per event

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

### Social Skills for 3<sup>rd</sup> and 4<sup>th</sup> Grade Girls

This is a group for girls who will be entering 3<sup>rd</sup> or 4<sup>th</sup> grade in fall 2016. Girls will learn and practice skills needed to make and keep friends, including topics such as reading social cues, coping with shyness and anxiety, managing anger, resolving conflicts, and flexibility.

**Dates:** June 30 • July 7, 14, 21, 28 • August 11, 18, 25

**Time:** 5:30 pm – 6:30 pm

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

**Cost:** \$75 per session

May be insurance reimbursable. Pre-registration required. Please contact our Inquiry and Screening Department at (301) 816-2633.

### Summer 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. Please note: two different sessions are available.

**Dates:** *Session 1:* June 21, 22, 23, 24  
*Session 2:* August 22, 23, 24, 25, 26

**Time:** 10:00 am – 12:00 pm

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

**Cost:** Services covered by Autism Waiver

Pre-registration required. Please contact Natalie Pearce, LCSW-C, at (301) 610-8349 or [npearce@jssa.org](mailto:npearce@jssa.org).

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

JSSA presents a social club for individuals ages 18-30 diagnosed with a Level 1 Autism Spectrum Disorder. 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.

**Dates:** July 17 • August 21 • September 18

**Time:** times vary based on each event

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

**Cost:** \$30 per event

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

## SUPPORT GROUPS

### Family Support Group

An open support group for parents and families of children with special needs. No specific age range or diagnosis.

**Dates:** June 21 • July 19 • August 16

**Time:** 7:15 pm – 8:30 pm

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

**Cost:** Free

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

### Sibling Support Workshop: A Rockville Group for Siblings of Special Needs Children

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 include: education about disabilities, coping strategies, and strengthening communication.

**Dates:** July 7, 14, 28 • August 4, 11, 18

**Time:** 2:00 pm

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

**Cost:** \$255 for the series of 6 sessions

Pre-registration required. For more information or to pre-register, please contact Jenna Bartels, LGSW, at (301) 610-8390 or [jbartels@jssa.org](mailto:jbartels@jssa.org).

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

Parents (also open to other family members) share coping strategies and community resources, develop networks and gain support. This is an ongoing group that meets the first Monday of every month.

**Dates:** June 6 • July 11 • August 1 • September 12

**Time:** 7:00 pm – 8:15 pm

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

**Cost:** Free

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



### JEWISH SOCIAL SERVICE AGENCY

200 Wood Hill Road, Rockville, MD 20850  
(301) 838-4200 • [contactus@jssa.org](mailto:contactus@jssa.org)  
[www.jssa.org](http://www.jssa.org)