

MARYLAND AND NORTHERN VIRGINIA

JSSA GROWTH AND LEARNING PROGRAMS

Fall 2016



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 \$25 materials fee (covering handouts, parents' guidebook, snacks, etc.) 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 Play Group

Tuesdays, Nov. 1 - Jan. 31 • 4:30 pm

Leaders: Liba Rappaport, LCPC and Jill Jerome-Parsons, LCSW-C

2nd Grade; Boys Ages 7-8 Years

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

Tuesdays, Nov. 1 - Jan. 31 • 4:30 - 5:30 pm

Leader: Dr. Stanley Fagen, Ph.D.

3rd and 4th Grades; Boys Ages 8-9 Years

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

Wednesdays, Nov. 2 - Feb. 1 • 4:30 - 5:30 pm

Leader: Dr. Stanley Fagen, Ph.D.

4th and 5th Grades; Boys Ages 9-10 Years

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

Thursdays, Nov. 3 - Feb. 2 • 4:30 - 5:30 pm

Leader: Dr. Stanley Fagen, Ph.D.

4th and 5th Grades; Boys Age 10

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

Mondays, Oct. 31 - Feb. 6 • 4:45 - 5:45 pm

Leader: Dr. Stanley Fagen, Ph.D.

6th-8th Grades; Boys Ages 11-13 Years

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

Wednesdays, Nov. 2 - Feb. 1 • 6:00 - 7:00 pm

Leader: Dr. Stanley Fagen, Ph.D.



Northern Virginia Groups

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

2nd and 3rd Grade Social Skills Group

This is a twelve session group (ten sessions with kids and two parent sessions).

Mondays, Oct. 31 - Feb. 13 • 4:00 - 4:50 pm

Leaders: Michal Berkson, LCSW, LICSW and Jacintha Henry Carson, LPC

6th-8th Grade Social Skills Group; Ages 11-13 Years (NEW)

Thursdays, Oct. 20 - Feb. 2 • 6:00 - 7:00 pm

Leaders: Adena Levy, LCSW, and Jacintha Henry Carson, LPC

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 \$25 materials fee (covering handouts, parents' guidebook, snacks, etc.) at the first session of each group.



Rockville – Fallsgrove Groups

Pre-registration required.

Connecting with Others

Age 40+, this group is insurance-reimbursable.

Mondays, Oct. 31 - Dec. 19 • 7:30 pm

Leader: Alison Dorsky, LCSW-C

To register, please contact Alison Dorsky, LCSW-C at (301) 610-8358.

Life Skills for Independence Workshop (NEW)

For young adults, ages 18-22.

Tuesdays, Nov. 1 - Dec. 20 • 4:00 - 5:00 pm

Cost: \$300

Led by a variety of clinicians and care managers in the Special Needs Department. To register, contact our Maryland Inquiry and Screening Department at (301) 816-2633.

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 4th and 5th Grade Boys

Limited availability. 4th to 5th grade boys ages 9-10 with ASD or related disorders.

Wednesdays, Oct. 19 - Feb. 1 • 5:00 - 6:00 pm

Leaders: Mary Iadarola, LCSW and Sarah Adair, MSW

Social Skills Group for 9th-12th Grade Boys

9th-12th grade boys ages 14-18 with ASD or ADHD.

Thursdays, Oct. 6 - Dec. 29 • 6:00 pm

Leader: Elliott Schwartz, LCSW

Young Adult Social Skills Group (NEW)

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

Tuesdays, Nov. 1 - Jan 13 • 6:00 pm

Leader: Elliott Schwartz, LCSW

Cool, Calm and Connected: A Social Skills Therapy Group for Young Adults on the Autism Spectrum Or Related Disorders

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

Wednesdays, Oct. 19 - Jan. 18 • 7:00 - 7:50 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, Aug. 21, Sep. 18, Oct. 9, Nov. 20, Dec. 11 • Time TBD

Leaders: Jenna Bartels, LCSW-C and Jennifer Sibley, LGSW

Cost: \$30 per event

Pre-registration required. To register, contact Jenna Bartels, LCSW-C, at (301) 610-8390.

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, Sep. 18, Oct. 30, Nov. 20, Dec. 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.

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.

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, Sep. 8, Oct. 13, Nov. 10, Dec. 8 •
6:00 - 8:00 pm

Location: Maryland-event locations will vary

Leader: Jennifer Sibley, LGSW

Cost: \$30 per event

Pre-registration required. To register, contact Jennifer Sibley, LGSW at (301) 610-8350 or jsibley@jssa.org.

Children of Deaf Adults Support Group

This six session workshop for children of deaf adults will be 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 and specific needs.

Thursdays, Oct. 13 - Nov. 17 • 3:00 - 4:00 pm

Location: Rockville - Fallsgrove

Leader: Jennifer Sibley, LGSW

Cost: \$210 for six sessions

Pre-registration required. To register, contact Jennifer Sibley, LGSW at (301) 610-8350 or jsibley@jssa.org.



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.

Thursdays, Sep. 15 - Oct. 20 • 1:30 - 2:30 pm

Leader: Jenna Bartels, LCSW-C, and Jennifer Sibley, LGSW

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.

Family Support Group

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

Tuesdays, Sep. 20, Nov. 15, Dec. 20, Jan. 17 • 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.

Support Group for Parents of Children with Autism Spectrum Disorders

This ongoing monthly support groups 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, Sep. 12, Nov. 7, Dec. 5, Jan. 9 • 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.

Support Group for Adults Grieving the Loss of a Parent

This is a seven session group.

Wednesdays, Sep. 28 - Nov. 9 • 7:30 - 9:00 pm

Leader: Arlen Gaines, LCSW-C

Cost: No charge

Pre-registration required. To register, contact Suzanne Adelman, LCSW-C at (301) 816-2683.



SUPPORT GROUPS *(Continued)*

Rockville – Montrose Groups

Suicide Grief Support Group

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

Sep. 6, Sep. 19, Oct. 5, Oct. 19, Nov. 7, Nov. 21, Dec. 5, Dec. 19 • Time TBD

Leader: Ellen Lebedow, LCSW-C

Cost: No charge

Pre-registration required. To register, contact Ellen Lebedow, LCSW-C at (301) 816-2708.

Support Group for Bereaved Parents

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

Mondays, Sep. 12, Oct. 10, Nov. 14, Dec. 12 • 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.

Support Group for Bereaved Spouses

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

Fridays, Sep. 9, Sep. 23, Oct. 14, Oct. 28, Nov. 11, Dec. 9, Dec. 23 • 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.

**Have questions?
Call JSSA's Inquiry and
Screening Department
at (301) 816-2633.**

Northern Virginia Groups

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.

Wednesdays, Oct. 19, Nov. 2, Nov. 16, Nov. 30, Dec. 14, Jan. 4, Jan. 18, Feb. 1 • 6:00 - 7:00 pm

Leader: Martha Fischer, MS, LMFT

Cost: \$35 per session

Pre-registration required. To register, contact Martha Fischer, MS, LMFT at (703) 896-7557.



Support Group for Parents of Adults with Autism Spectrum Disorders (NEW)

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, Oct. 19, Nov. 16, Dec. 14, Jan. 18 • 7:00 - 8:00 pm

Leader: Adena Levy, LCSW

Cost: \$35 per session/person or couple

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

