ID Number: **GRP-101** Available from:  **01/05/2022 – 03/01/2022**

# Of sessions: **8**  Format: **Virtual**

**In-Person (ONLY MD)**

Type of Group: **Closed (membership established at the first session - or through sign up**)

Topic: **Mindfulness, Parenting Teens**

Title: **Mindful Parenting of Your Teen/Young Adult**

# Of Participants: **Virtual – 6 – 8**

**In Person – 8 – 12**

Available Times: **W – 5:00 PM – 8:00 PM**

Participants: **21 years and older**

Description: **Support and skill-building group designed to explore the art of parenting adolescents and young adults. Topics may include: understanding your child’s' emotions and behaviors, applying mindfulness to interactions with your child (including coping with your own difficult emotions), recognizing what is within your control and what is not. The group will explore and compare concepts such as validation vs praise and nagging vs. consulting as a parent.**

Bio of facilitator: **Kathryn Zimmerman earned her Master of Social Work from the University of Maryland School of Social Work. She has maintained her commitment to serving others in her Montgomery County community. While earning her MSW, her first field placement was with the Montgomery County Department of Health and Human Services (DHHS) Child & Adolescent Behavioral Health Services. She then completed her advanced field work as a DBT intern with Embark Behavioral Health in Cabin John, MD. Kathryn currently works as a therapist JSSA in Rockville, MD. Her practice primarily focuses on providing individual therapy to adolescents and young adults. She also does family therapy, parent coaching, and co-facilitates a therapy group for teenage girls. Her clients represent a wide range of cultural histories, socioeconomic backgrounds, and mental health challenges.**

ID Number: **GRP – 102** Available from:  **01/05/2022 – 02/23/2022**

# Of sessions: **8**  Format: **Virtual**

**In-Person (ONLY MD)**

Type of Group: **Closed (membership established at the first session - or through sign up**)

Topic: **LGBTQIA**

Title: **Parents of LGBTQIA and Children**

# Of Participants: **Virtual – 7-10**

**In Person – 8 – 12**

Available Times: **W – 12:00 PM-4:00 PM**

Participants: **21 years and older**

Description: **This is a group for parents of LGBTQIA+ Children to work on having more understanding and to be supportive of their child.**

Bio of facilitator: **Scott Lilich is a Licensed Clinical Professional Counselor who has been working in social services for over a decade and has been a licensed counselor for the last seven years. He has worked with various populations, including children and families at risk for foster care and adult and adolescents at risk for incarceration.  He has a history of providing services in a variety of settings, including in-home, hospitals, and office settings. He has provided groups for people in isolation, prison institutions, as well as crisis and group home placements. He utilizes a multi-model approach to utilize a more beneficial therapeutic experience for the client, including experience with CBT, DBT, Feminist, Narrative, and Play Therapy. He is a member of the American Counseling Association and their following divisions: The Association of Child and Adolescent Counseling (ACAC), the Association of Multicultural Counseling and Development (AMCD), and the Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE).**

ID Number: **GRP-103** Available from:  **11/22/2021 – 03/28/2022**

# Of sessions: **8**  Format: **Virtual**

**In Person MD Only**

Type of Group: Closed (membership established at the first session - or through sign up)

Topic: **Anger Management**

Title: **ACT on Life Not Anger**

# Of Participants: **Virtual – 7-10**

**In Person -7-10**

Available Times: **Wednesdays or Thursdays 7PM-8PM**

Participants: **21 years and older**

Description: **Learning skills through Acceptance and Commitment Therapy techniques designed to make living with anger more manageable.**

Bio of facilitator: **Heid Hill is a Certified Therapeutic Recreation Specialist and a Social Worker who has experience working with people from the ages of 5 to 75. She has worked in a variety of settings including wilderness therapy, inpatient mental health in residential treatment centers and prison, elementary schools and outpatient therapy clinics. She is trained in Internal Family Systems Therapy, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy and Cognitive Processing Therapy. Her areas of expertise include PTSD, teens and parents.**

ID Number: **GRP-104** Available from:  **11/10/2021 – 6/30/2022**

# Of sessions: **8**  Format: **Virtual**

**In Person MD Only**

Type of Group: **Open**

Topic: **Social Media**

Title: **Impact of Social Media** # of Participants: **Virtual – 7-10**

**In Person -7-10**

Available Times: **Wednesdays 5PM-8PM**

Participants: **15-18 years old**

Description: **Discovering negative and positive impacts of social on our mental health.**

Bio of facilitator: **Robert Pozo is a Licensed Professional Counselor, LCPC who Provides therapeutic treatment for adults and adolescents with Depression, Anxiety, and trauma.**

ID Number: **GRP-105**  Available from:  **11/15/2021 – 05/15/2022**

# Of sessions: **4**  Format: **Virtual**

Type of Group: Closed (membership established at the first session - or through sign up)

Topic: **Mindfulness and Stress Reduction**

Title: **Managing Anxiety and Stress**

# Of Participants: **Virtual – 4-6**

Available Times: **M -9:00 AM - 4:00 PM**

**T - 9:00 AM - 4:00PM**

Participants: **15-18 years old**

Description: **Learn and practice mindfulness exercises to reduce anxiety and stress in your daily life**

Bio of facilitator**: Laura Strickhart is a student intern therapist who has been practicing and leading mindfulness exercises with a mindfulness practice center for the past six years.**

ID Number: **GRP-106** Available from:  **01/01/2022-6/30/2022**

# Of sessions: **9** Format: **Virtual**

Type of Group: **Closed**

Topic: **Aging**

Title: **Wise Aging**

# Of Participants: **Virtual**

Available Times:  **M-9:00AM - 4:00PM**

**T- 12:00PM – 4:00PM**

Participants: **7-10**

Description**: This group focuses on issues discussed in the book Wise Aging by Rabbi Cowan and Dr. Thal. . It includes mindfulness practices, relationship issues, spiritual development, physical**

**change and dealing with loss.**

Bio of facilitator**: Roberta Drucker** **LCSW-C has been a Maryland Licensed Social Worker since 1988. She is JSSA’s Synagogue Liaison to B’nai Israel and other local congregations, a position she has been in for 9 years. She is a trained group facilitator of The Wise Aging Program. Her specialties include family and intergenerational therapy, aging, bereavement, anxiety, and other mood issues. Roberta also worked in the fields of School Social Work, Community Mental Health, and Substance Abuse. She earned her MSW at Arizona State University.**

ID Number: **GRP-107** Available from:  **01/01/2022-6/30/2022**

# of sessions: **12** Format: **Virtual**

Type of Group: **Closed (membership established at the first session - or through sign up)**

Topic: **Sulam**

Title: **Sulam** # of Participants: **7-10**

Available Times:  **M- 12:00 PM – 8:00PM**

**T- 5:00PM – 8:00PM**

Participants**: 21 years and older**

Description: **Sulam is a curriculum through The Conservative Movement. It focuses on retirement, aging, health and relationships as we age.**

Bio of facilitator**: Roberta Drucker** **LCSW-C has been a Maryland Licensed Social Worker since 1988. She is JSSA’s Synagogue Liaison to B’nai Israel and other local congregations, a position she has been in for 9 years. She is a trained group facilitator of The Wise Aging Program. Her specialties include family and intergenerational therapy, aging, bereavement, anxiety, and other mood issues. Roberta also worked in the fields of School Social Work, Community Mental Health, and Substance Abuse. She earned her MSW at Arizona State University.**

ID Number: **GRP-108** Available from:  **01/01/2022-6/30/2022**

# of sessions: **6** Format: **Virtual**

Type of Group: **Closed (membership established at the first session - or through sign up)**

Topic: **Cancer support.**

Title: **Cancer support Group**

# of Participants: **7-10**

Available Times:  **M-9:00AM – 8:00PM**

**T-12:00PM – 8:00PM**

Participants: **21 years and older.**

Description**: Supporting congregants in treatment for or in remission from cancer**.

Bio of facilitator**: Roberta Drucker** **LCSW-C has been a Maryland Licensed Social Worker since 1988. She is JSSA’s Synagogue Liaison to B’nai Israel and other local congregations, a position she has been in for 9 years. She is a trained group facilitator of The Wise Aging Program. Her specialties include family and intergenerational therapy, aging, bereavement, anxiety, and other mood issues. Roberta also worked in the fields of School Social Work, Community Mental Health, and Substance Abuse. She earned her MSW at Arizona State University.**

ID Number: **GRP-109** Available from:  **04/01/2022-8/32/2022**

# of sessions: **6** Format: **Virtual, In Person**

Type of Group: **Closed (membership established at the first session - or through sign up)**

Topic: **widow/widower Support Group..**

Title: **Widow/widower support Group**

# of Participants: **10-15**

Available Times:  **TH-9:00AM-5:00PM**

Participants: **Adults, Older Adults**

Description**: Discuss the stages of grief, the spiritual perspectives, go around and discuss each person's situation, story, challenges. The clinician will create a safe, empathic and supportive environment for each member of the group to support each other, share and find meaning in their loss.**

Bio of Facilitator: Katie Smeltz has her MSW from University of Pennsylvania, where she studied geriatric social work, health and groups. She worked with SOWN, Support for Older Women's Network, and the Will's Eye Geriatric Psychiatric Hospital. She currently works for JSSA as a Clinician in their Mental Health Department.