ID Number: **P/W – 101 Available from 12/01/2021 – 06/01/2022**

Topic: **ADHD** Format: **Virtual, In-Person (ONLY VA)**

Title: **Tips for Managing ADHD** Max: **Virtual – 15**

**In-person – 10**

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

Participants: **Parents, Clergy/Lay Staff, School Staff, Youth (11-13 yo), Adolescents/Teens (13-15 yo)**

Description: **Education, tips and strategies for managing ADHD at home and at school.**

Bio of Presenter: **Ida Damkilde received her Master of Social Work degree from Our Lady of the Lake University and The Worden School of Social Work and is pursuing her LCSW licensure. As a mental health clinician at the Jewish Social Service Agency, Ms. Damkilde’s experience includes coordinating and implementing cognitive behavioral treatment-related care for children and adults diagnosed with a range of neurodevelopmental disorders such as Anxiety, Adhd, Depression, as well as Autism Spectrum Disorder. Her approach encompasses a solution-based focus that strives to emphasize the importance of the physical, emotional, and the psychological well-being of the whole person.**

ID Number: **P/W – 102 Available from 02/20/2022 – 06/30/2022**

Topic: **Anxiety**  Format: **Virtual, In-Person (ONLY VA)**

Title: **Anxiety Management** Max: **Virtual – 20**

**In-person – 20**

Available Times: **Sundays – 9:00 AM – 12:00 PM**

Participants: **Parents, Youth (7-13 yo), Adolescents/Teens (13-18 yo), Young Adults (18-25 yo)**

Description: **Helping Parents support their children's anxiety and helping children learn more about anxiety and ways to manage it.**

Bio of Presenter: **Elliott Schwartz, LCSW has been in practice for 25 years (13 years working at JSSA) with a broad background and holistic approach to working with adolescents and adults struggling with anxiety.**

ID Number: **P/W – 103 Available from 01/31/2022 – 06/30/2022**

Topic: **Caregiving (elderly parents)** Format: **Virtual, In-Person (ONLY MD)**

Title: **Caregiving** Max: **Virtual – 20**

**In-person – 20**

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

**T – 12:00 PM – 8:00 PM**

Participants: **Adults with aging parents, Clergy/Lay Staff**

Description: **Providing Care and Support for Family Members. Identifying Resources**

Bio of Presenter: **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: **P/W – 104 Available from 01/31/2022 – 06/30/2022**

Topic:  **Family Relationships**  Format: **Virtual**

**In-Person (ONLY MD)**

Title: **Relationships with Adult Children** Max: **Virtual – 20**

**In-person – 20**

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

**T – 12:00 PM – 8:00 PM**

Participants: **Adults with aging parents, Clergy/Lay Staff**

Description: **Discussion of developmental relationship challenges with adult children. Having difficult conversations.**

Bio of Presenter: **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: **P/W – 105 Available from 02/01/2022 – 06/30/2022**

Topic:  **Jewish Parenting**  Format: **Virtual**

Title: **Praising Jewish Children throughout the life cycle.** Max:  **20**

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

**T – 12:00 PM – 8:00 PM**

Participants: **Parents/clergy**

Description: **This group will focus on transmitting Jewish values and identity to children throughout the**

**lifecycle.**

Bio of Presenter: **Roberta Drucker LCSW-C has been a Maryland Licensed Social Worker since 1988. 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: **P/W – 106 Available from 02/20/2022 – 12/05/2022**

Topic:  **Bullying** Format: **Virtual**

**In person (VA ONLY)**

Title: **How to Handle Bullying** Max: **Virtual – 20**

**In person-20**

Available Times: **Sunday-9:00AM-12:00PM**

Participants: **Parents, youth (11-13yo), adolescents/Teens(13-15yo), Adolescents/Teens (16-18yo)**

Description: **Teaching kids about the basics of bullying including concepts, strategies, and prevention.**

**Helping parents to learn how to recognize signs of bullying and how to support their kids.**

Bio of Presenter: **Elliott Schwartz, LCSW has been in practice for 25 years (13 years working at JSSA) with a broad background and holistic approach to working with adolescents and adults struggling with anxiety.**

ID Number: **P/W – 107 Available from 11/29/2021 – 08/31/2022**

Topic:  **Trauma**  Format: **Virtual**

**In-Person MD/VA/DC**

Title: **Understanding Post traumatic Stress**  Max: **Virtual – 20**

**In Person-20**

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

**W – 5:00 PM – 8:00 PM**

**Th-5:00 PM-8:00 PM**

**F-12:00 PM-4:00 PM**

Participants: **Parents/clergy, School Staff, young Adults (18-25 yo)**

Description: **This presentation will explain the effect of trauma on the brain, the symptoms of Post-**

**Traumatic Stress Disorder, and different therapies used to treat PTSD as well as ways family members and friends can be helpful to those who suffer from post-traumatic stress.**

Bio of Presenter: **Heidi 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: **P/W – 108 Available from 12/22/2021 – 6/30/2022**

Topic:  **Meditation and Mindfulness** Format: **Virtual**

Title: **Meditation and Mindfulness** Max: **Virtual – 20**

Available Times: **W – 9:00 AM – 12:00 PM**

**Th– 12:00 PM – 4:00 PM**

Participants **School Staff**

Description: **The participants will become more mindful of their actions and learn how to express and interpret their present emotions and feelings. They will create positive connections and increase their self-regulation of attention and personal experiences.**

Bio of Presenter: **Prior to joining JSSA, Melany Amao, MSW, worked as an early childhood educator, maintaining frequent communication with parents to report student behaviors, social and developmental progress. In addition, she worked as an outpatient bilingual therapist with the Latino community, providing Cognitive Behavioral Therapy (CBT) using a client-centered and solution-focused approach to working with children, adolescents and adults.**

ID Number: **P/W – 109 Available from 01/03/2022 – 06/06/2022**

Topic:  **Family relationships** Format: **Virtual**

Max: **Virtual – 20**

Title: **A do it yourself workshop about forming healthy boundaries with loved ones.**

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

Participants: **Parents/Clergy/Lay Staff/ young adults (18-25-yo)**

Description: **What can Jewish wisdom literature and contemporary psychology teach us about creating and maintaining healthy boundaries with our loved ones? Participants will learn from sources and do guided reflections to help them clarify their boundaries. They will also explore how to honor their relationships with loved ones while keeping their boundaries secure.**

Bio of Presenter: **Rabbi Ariel Goldberg, LMSW is a Jewish educator and psychotherapist. He enjoys presenting interactive seminars that support holistic awareness, integrating mental, spiritual and somatic experience.**

ID Number: **P/W – 110 Available from 02/07/2022 – 08/29/2022**

Topic:  **Mental Wellness and well Being** Format: **Virtual**

Max **Virtual – 20**

Title: **A do it yourself workshop about forming healthy boundaries with loved ones.**

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

Participants: **Parents/Clergy/Lay Staff/ young adults (18-25-yo)**

Description: **What can Jewish wisdom literature and contemporary psychology teach us about creating and maintaining healthy boundaries with our loved ones? Participants will learn from sources and do guided reflections to help them clarify their boundaries. They will also explore how to honor their relationships with loved ones while keeping their boundaries secure.**

Bio of Presenter: **Rabbi Ariel Goldberg, LMSW is a Jewish educator and psychotherapist. He enjoys presenting interactive seminars that support holistic awareness, integrating mental, spiritual and somatic experience.**

ID Number: **P/W – 111 Available from 11/15/2021 – 05/13/2022**

Topic:  **Meditation and Mindfulness** Format: **Virtual**

**In Person (MD,VA,DC)**

Max: **Virtual – 20**

**In person- 15**

Title: **Everyday mindfulness**

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

**T – 9:00 AM – 4:00 PM**

Participants: **Parents/Clergy/Lay Staff/ youth/Adolscents/Tees/Young adults (18-25-yo)**

Description: **Learn techniques for incorporating mindfulness practices into your daily routines, from mindful toothbrushing to mindful driving. More approachable than meditation, this practice allows us to feel the benefits of mindfulness no matter what we're doing.**

Bio of Presenter**: Laura Strickhart is a student intern therapist with experience with mindfulness practice and parenting young children.**

ID Number: **P/W – 112 Available from 01/03/2022 – 01/02/2023**

Topic:  **Couples Relationships** Format: **Virtual**

Max: **Virtual – 15**

Title: **Couples and Relationships**

Available Times: **M – 9:00 AM – 12:00 PM**

**M- 5:00 PM - 8:00 PM**

**T- 12:00 PM-8:00PM**

**W- 12:00 PM-4:00PM**

Participants: **Parents/Young adults (18-25-yo)**

Description: **Learn how to effectively communicate your needs in relationships and how to understand your partner better. Learn how to have more meaningful conversations with your partner and take home tools that you can use today.**

Bio of Presenter**: Janay Taylor has been working with children and families for 5 years. Most of her work has been in the Child Welfare Services field bringing families back together after being separated due to child abuse and neglect. For the last year, she has worked with children and families in the mental health environment, helping people manage specific issues within their world and equip them with tools available for them to use.**

ID Number: **P/W – 113 Available from 11/01/2021 – 12/01/2022**

Topic:  **Compassion Fatigue**  Format: **Virtual**

Title: **Compassion Fatigue** Max: **Virtual – 15**

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

**W- 12:00 PM - 8:00 PM**

Participants: **Parents/Clergy/Lay Staff/School Staff**

Description: **Compassion Fatigue is the unique combination of burnout and traumatic stress. Any caregiver can experience burnout. In this training, we will learn about burnout, trauma and secondary traumatic stress, how those components may add up to compassion fatigue, and treatment for all components.**

Bio of Presenter**: Sarah Stone is a graduate of George Washington University and the University of Michigan School of Social Work. She has worked as a therapist for the last decade, specializing in work with teens, tweens and young adults. Sarah has experience in depression, anxiety, trauma, postpartum depression and is a Certified Compassion Fatigue Professional.**

ID Number: **P/W – 114 Available from: 01/01/2022-06/01/2022**

Topic:  **Domestic Violence** Format: **Virtual**

Max: **Virtual-Unlimited**

Title: **Understanding Domestic Violence**

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

**TH- 5:00 PM - 8:00 PM**

**F-12:00 PM – 4:00 PM**

Participants: **Parents/Clergy/Lay Staff/School Staff/Youth/ Adolescents/Young Adults**

Description: **What is DV Victimology? How does it affects families? Finding support - in therapy, schools, community, etc.**

Bio of Presenter**: Priscila Lemos is an MSW, LMSW in Maryland, with over eight years of experience in working with diverse populations in different stages of trauma. Her experience includes working with children, youth, and adults in vulnerable and exploited populations. This includes survivors of sexual assault, domestic violence, and human trafficking, as well as the homeless, and those in substance abuse recovery. She is also a member of the board for the Prince George’s County Family Justice Center. Priscila earned a BA in Criminology and Criminal Justice from the University of Maryland, College Park, and Master of Social Work from the University of Maryland, Baltimore. Currently, Priscila provides mental health treatment to children, adolescents and families in both English and Spanish.**

ID Number: **P/W – 115 Available from: 01/01/2022-06/01/2022**

Topic:  **Trauma**  Format: **Virtual**

Title: **Sexual Assault and Human Trafficking** Max: **Virtual Unlimited**

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

**TH- 5:00 PM - 8:00 PM**

**F-12:00 PM – 4:00 PM**

Participants: **Parents/Clergy/Lay Staff/School Staff/Youth/ Adolescents/Young Adults**

Description: **Understanding what SA or HT Victimology/Statistics implications are. How to support survivors in therapy/schools/friends/etc**

Bio of Presenter**: Priscila Lemos is an MSW, LMSW in Maryland, with over eight years of experience in working with diverse populations in different stages of trauma. Her experience includes working with children, youth, and adults in vulnerable and exploited populations. This includes survivors of sexual assault, domestic violence, and human trafficking, as well as the homeless, and those in substance abuse recovery. She is also a member of the board for the Prince George’s County Family Justice Center. Priscila earned a BA in Criminology and Criminal Justice from the University of Maryland, College Park, and Master of Social Work from the University of Maryland, Baltimore. Currently, Priscila provides mental health treatment to children, adolescents and families in both English and Spanish.**

ID Number: **P/W – 116 Available from: 01/01/2022-06/01/2022**

Topic:  **Empathy** Format: **Virtual**

Title: **Finding Empathy** Max: **Virtual Unlimited**

Available Times: **TH- 5:00 PM - 8:00 PM**

**F-12:00 PM – 8:00 PM**

Participants: **Parents/Clergy/Lay Staff/School Staff/Youth/ Adolescents/Young Adults**

Description: **What is Empathy and Why it's Important to Find Support!**

Bio of Presenter**: Priscila Lemos is an MSW, LMSW in Maryland, with over eight years of experience in working with diverse populations in different stages of trauma. Her experience includes working with children, youth, and adults in vulnerable and exploited populations. This includes survivors of sexual assault, domestic violence, and human trafficking, as well as the homeless, and those in substance abuse recovery. She is also a member of the board for the Prince George’s County Family Justice Center. Priscila earned a BA in Criminology and Criminal Justice from the University of Maryland, College Park, and Master of Social Work from the University of Maryland, Baltimore. Currently, Priscila provides mental health treatment to children, adolescents and families in both English and Spanish.**

ID Number: **P/W – 117 Available from 12/20/2021 – 06/30/2022**

Topic: **Preschool Parenting** Format: **Virtual, In-Person (MD/DC/VA)**

Title: **Parent child interaction Therapy** Max: **Virtual – Unlimited**

**In-person – 40**

Available Times: **M,T,W,Th,F – 9:00AM – 4:00 PM**

Participants: **Parents/ School Staff**

Description: **PCIT- Parent Child Interaction Therapy is a specialized, two-phase treatment program for children ages 2 through 7 developed by Sheila M. Eyberg, PhD. PCIT is unique in that it utilizes live coaching to support parents in learning strategies to establish a nurturing and secure relationship with their child, while helping their child increase pro-social behaviors and decrease negative behaviors. This Training will provide a background of PCIT as well as an overview of how PCIT is used to support parents in managing challenging behaviors. Objectives: Participants will - • Learn the research behind PCIT • Identify who would be a good fit for this treatment modality • Review skills used throughout treatment. • Explore adaptations to PCIT in working with other populations**

Bio of Presenter: **Andrea Carpenter, LPC, Program Director, PCIT, NoVA Team, has been with JSSA since October 2019. She is a certified PCIT therapist and trainer and has participated in extensive training in cognitive behavioral therapy, solution focused therapy, and play therapy. Andrea initially became licensed in Oregon in 2015 and provided individual, family and group therapy services to children, adolescents, and adults presenting with symptoms associated with ADHD, anxiety, depression, autism spectrum, trauma histories, crisis stabilization, developmental delays, and substance use disorders. She has experience working with the child welfare system, working with families surrounding adoption needs, and working closely with the school system both in providing school-based therapy as well as collaborating with school professionals to support clients.**

ID Number: **P/W – 118 Available from 4/1/2022 – 08/31/2022**

Topic: **Mental Wellness and Wellbeing** Format: **Virtual, In-Person (MD/DC/VA)**

Title: **Mental Health Care** Max: **Virtual – Unlimited**

**In-person – Unlimited**

Available Times: **Th-9:00AM-8:00PM**

Participants: **Parents, School Staff, Clergy/Lay Staff, youth, Adolescents, Young adults, Adults, Seniors.**

Description: **Participants will discuss tips regarding positive mental health. Including sleep, eating well, socializing, connection and forward and positive thinking. With group, will brainstorm on ways to be more engaged in community settings.**

Bio of Presenter: 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.