ID Number: **GRP-101**

 Available from:  **6/30/2023**

# 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-102** Available from:  **6/30/2023**

# 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-103** Available from:  **06/30/2023**

# 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.**