CHILDREN AND ADOLESCENT SOCIAL SKILLS THERAPY GROUPS

"Children and Teens with Social Skills" is a successful social skills therapy group for more than 20 years and has developed a proven model. 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: $750 per session (pay as insurance reimbursable). A $10 materials fee (covering handouts, snacks, etc.) will be collected at the first session of each group. There is also a $15 fee for the "JSSA Social Skills Parent Guide," designed specifically to help parents reinforce skills at home.

200 Wood Hill Road, Rockville Groups
Boys and girls, grades 4–5, ages 9–10 years* Tuesdays, March 18 – April 29; 6:15-7:15 p.m. Leader: Stanley Fagen, Ph.D.

Boys and girls, grades 3–4, ages 8–9 years* Tuesdays, March 18 – April 29; 5:45-6:45 p.m. Leader: Stanley Fagen, Ph.D.

Boys, grades 2–3, ages 7–8 years* Tuesdays, April 8 – May 5; 6:15-7:15 p.m. Leader: Stanley Fagen, Ph.D.

Boys, grades 4–5, ages 9–10 years* Thursdays, March 20 – May 15; 7:00-8:00 p.m. Leader: Martha Fischer, MS, MFT

Boys, grades 6–8, ages 11–13 years* Mondays, March 24 – May 12; 7:00-8:00 p.m. Leader: Martha Fischer, MS, MFT

Boys, grades 9–12, ages 14–16 years* Thursdays, April 17 – June 12; 6:00-7:00 p.m. Leader: Martha Fischer, MS, MFT

Boys, grades 2–4, ages 7–9 years with ADHD or related disorders only* Thursdays, January 30 – March 6; 4:00-5:00 p.m. Facilitator: Zach Lehman, LCSW-C

Boys, grades 4–5, ages 9–10 years* Tuesdays, January 28 – April 8; 6:30-7:30 p.m. Leader: Nancy Zirinsky-Leizerov, LGSW

Boys, grades 6–8, ages 11–13 years* Thursdays, March 6 – May 8; 6:30-7:30 p.m. Leader: Martha Fischer, MS, MFT

Boys, grades 9–12, ages 14–16 years* Tuesdays, April 8 – June 3; 6:30-7:30 p.m. Leaders: Jill Jerome, LCSW-C; Orly Zimmerman-Leizerov, LGSW

"JSSA’s Social Skills Parent Guide," designed specifically to help parents reinforce skills at home.

To access inquiry and screening forms: LKatz@jssa.org

FAMILY AND RELATIONSHIP GROUPS

FAMILY COUNSELING GROUP (Parents/Carel Guardians)
Co-sponsored by the Gaithersburg Task Force on Hoarding, beginning and aphrodisiac-oriented internet in a family, confidential environment facilitated by a JSSA social worker with experience working with family caregivers and in the areas of hoarding.

Monthly, 9th Tuesday, 6:30-8:30 p.m.

First Tuesday of each month, 5:30-7:30 p.m.

Cost: $15 per session

Pre-registration required: 301.816.2683

Children of Divorce Support Group
Pre-registration required: 703.206.9010

You and Your Aging Parents
Support group for adult children with aging parent issues including coping with, finding, planning, living alone and balancing your own needs.

Monthly, 3rd Thursday, 10:30 a.m.-noon

Cost: $15 per session

Pre-registration required: 301.816.2683

Newly Widowed Spouses Support Group
Ongoing group for adults grieving the death of a spouse or partner occurring within the past year.

Monthly, 1st and 3rd Mondays; Times TBA

Cost: $15 per session

Pre-registration required: Evelyn Goldstein, LCSW-C

Pre-registration required: 301.816.2683

Suicide Grief Support Group
Suicide loss of a parent.

Monthly, Dates and Times TBA

Cost: $15 per session

Pre-registration required: Evelyn Goldstein, LCSW-C

Pre-registration required: 301.816.2683

Support Group for Adults Grieving the Loss of a Pet
Seven session support group for adults grieving the loss of a pet.

Monthly, Dates and Times TBA

Cost: $15 per session

Pre-registration required: 301.816.2683

BEHAVIOR SUPPORT GROUPS

Facilitated by a JSSA clinician with specialized training and experience in geriatry, these groups offer a helpful and supportive setting for gaining insight and managing behaviors. These groups are offered at no charge.

GROUP THERAPIES

For the best in child, family and senior services…

Think JSSA
SCHOOL SOCIAL WORKERS help young people adapt to and overcome obstacles in their school and home lives. They have a unique opportunity to work in high risk areas with children and adolescents who have identified social situations that have the potential to negatively impact their social, emotional or academic outcomes. The school social worker is charged with identifying youth in need of social work intervention, creating and implementing strategies, and providing ongoing consultation and support to students, families and staff.  

COST: $75 per session (pay by insurance reimbursement).

For more information about JSSA workshops and groups: www.jssa.org/winter-spring

**SPECIAL NEEDS SUPPORT WORKSHOPS & TRAININGS**

**EASING CAREGIVER STRESS FOR PARENTS & CAREGIVERS OF CHILDREN WITH SPECIAL NEEDS**

For parents who care for a special needs child or grandchild, this 3-session program will cover stress reduction techniques and learn how to utilize relaxation and visualization techniques to improve stress management skills, enhance overall well-being, and improve quality of life for both children and families. (1-year old to 18 years old)

Crypto-Price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**SIMPLE HEALTHY LIVING FOR PARENTS OF SCHOOL-AGE CHILDREN**

For parents of school-aged children (kindergarten - age 21 years), this 3-session program will help teach skills necessary for children with special needs to live independently and with dignity. The curriculum covers exploration and development of community skills to help youth participate in everyday life. (13-17)

Crypto-Price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**LEADERSHIP DEVELOPMENT TRAINING**

Dynamic Small Group: 3-week - 9:30 a.m. to 2:30 p.m. per day to prepare individuals with special needs to develop the skills to lead and direct successful job search and strengthening independence. The curriculum covers career exploration and goal setting, sources and cover letter preparation, interviewing techniques, resume writing, and overcoming social barriers. (30+)

Crypto-Price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**COMMUNICATION SKILLS THROUGH THE POWER OF PLAY**

This affordable social support group is designed for children and youth (age 6-18) with autism spectrum disorder or a related developmental disability. The clubs provide a variety of monthly social opportunities in a supportive environment with gameplay from traditional board games to professionally trained facilitators with participants on improving social skills and overall comfort in social situations. There will be a variety of monthly outings including parties, bowling, dinner, miniature golf and movie events.

Tuesdays: (13-17) 
When: Jan. 14, Feb. 11, Mar. 11, Apr. 15, May 13; 6:00-6:50 p.m. 
Where: 200 Wood Hill Road 
Risk: Michelle Smith, LGSW (18-30) 
Leaders: Rebecca Porter, LCSW; Kate Wissman, LCSW-C 
Cost: $30 per event

Pre-registration required. 301.481.6826

Where: 200 Wood Hill Road 
Risk: Michelle Smith, LGSW

**KIDS LEADERSHIP TRAINING**

For children with leadership potential, this 3-session program will provide a strong foundation in leadership skills, helping the child to be aware of their strengths and abilities, and how to become a good leader. (9-12)

Crypto-Price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**PEER MENTORSHIP PROGRAM**

This program is for adults with autism spectrum disorder or related developmental disability who are seeking to improve their social skills and develop meaningful relationships within their community. The program is made up of a variety of monthly social activities and peer-to-peer support opportunities.

Crypto-price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**NEW Habits, New Futures: Positive Change for Families**

This 3-session program will provide parents with the tools and strategies to help their children develop positive new habits and skills. Each session will focus on a different area in a child’s life, and parents will learn strategies to support their child in the areas they choose. (1-12 years old)

Crypto-price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**A PARENT’S GUIDE TO THE PRACTICAL ASPECTS OF ACHIEVEMENT TESTING**

This 3-session program will provide parents with a basic understanding of the various standardized tests that measure specific cognitive abilities and skills. The program helps parents learn to interpret test results in order to understand their child’s strengths and weaknesses, and how to use this information to help their child achieve their academic goals.

Crypto-price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**SUPPORT GROUPS FOR FAMILIES WITH ABDUCTIONS**

For families with a young adult with special needs or an adult who has special needs who is no longer living with the family, this 3-session program will provide support, assistance, coping strategies, and other resources for families in need. (21+)

Crypto-price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**SUPPORT GROUP FOR ADULTS WITH AUTISM SPECTRUM DISORDER**

For young adults ages 18-34, this 3-session program will provide a variety of monthly social opportunities in a supportive environment with gameplay from traditional board games to professionally trained facilitators. The clubs provide a variety of monthly social opportunities in a supportive environment with gameplay from traditional board games to professionally trained facilitators. 

Crypto-price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**SUPPORT FOR FAMILIES WITH ABDUCTIONS**

This 3-session program will provide support, assistance, coping strategies, and other resources for families who have a child who is no longer living with the family, but still have a relationship with the child. (4-17 years old)

Crypto-price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**SUPPORT GROUP FOR FAMILIES WITH CHILDREN WITH SPECIAL NEEDS**

For families who have a child with a special need, this 3-session program will provide support, assistance, coping strategies, and other resources for families in need. (4-17 years old)

Crypto-price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

**SUPPORT GROUP FOR FAMILIES WITH CHILDREN WITH AUTISM SPECTRUM DISORDER**

This support group will provide support, assistance, coping strategies, and other resources for families who have a child with a special need, and are interested in participating in a monthly social outings in a supportive environment with gameplay from traditional board games to professionally trained facilitators. 

Crypto-price: $125 per 3-sessions. 
Fees for some services can be adjusted based on income.

Pre-registration required. 301.481.6826

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COST: $75 per session (pay by insurance reimbursement).

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