

JFS Virtual Groups

Winter 2022

JFS provides a variety of support groups for all ages, facilitated by JFS clinical staff. Groups are held via Zoom or over the phone.



| GROUP NAME | DESCRIPTION | DATES/TIME | FACILITATOR |
|---|--|--|--------------------------------------|
| Caregiving Connections | Support and information sharing for the often overwhelming job of being an informal family caregiver. | Tuesdays, 3–4 p.m. 1/11, 1/18, 1/25, 2/1, 2/8, 2/15 | Lynda Shrager, OTR, MSW, CAPS |
| Coming Up for Air | Support for older adults and will address staying connected and coping during this difficult time, maintaining safety in our homes, preserving healthy habits and self-care. | Tuesdays, 4:30–5:30 p.m. 1/11, 1/18, 1/25, 2/1, 2/8, 2/15 | Clara Simon, MSW |
| Grief & Loss Support ** | Support for anyone who is grieving the death of a family member or friend. | Tuesdays, 11 a.m.–12 p.m. 1/18, 1/25, 2/1, 2/8, 2/15, 2/22 | Linda Carothers, LMSW and Anna Ko |
| Parenting Support | Join other parents and caregivers and get support with day-to-day parenting challenges and feeling stretched to the limit. | Tuesdays, 12–1:00 p.m. 1/18, 1/25, 2/1, 2/8, 2/15, 2/22 | Dana Haugen, LMHC |
| Teen Talk | Support group for pre-teens and teens on a variety of topics, including self-esteem, stress, anxiety, peer relationships, and communication. | Tuesdays, 4–5:00 p.m. 1/18, 1/25, 2/1, 2/8, 2/15, 2/22 | Dana Haugen, LMHC |
| Missing My Other Half ** | Support for those who are grieving the death of a spouse or partner. | Thursdays, 11 a.m.–12 p.m. 1/20, 1/27, 2/3, 2/10, 2/17, 2/24 | Linda Carothers, LMSW |
| Pastime Partners: Discussion Group | Smaller sized group on topics of interest. Technical support and adaptations provided, as needed. | Mondays, 1:30–2:20 p.m. 1/24, 1/31, 2/7, 2/14, 2/21, 2/28 | Nanette Brenner, OTR |
| Pastime Partners: Keep on Singing | Smaller sized singing group. Singing and listening and discussion about old standard favorites. Technical support and adaptations provided, as needed. | Tuesdays, 1:30–2:20 p.m. 1/25, 2/1, 2/8, 2/15, 2/22, 3/1 | Nanette Brenner, OTR |

Registration

To participate in our support groups, please complete required documents at jfsnny.org/groups. For more information, please call 518-516-1126 or email thempel@jfsnny.org.

Fees

The groups are free to join but to help offset costs, JFS asks for suggested donation of \$10 per session.

*** These groups will be held in-person at Temple Isreal, 600 New Scotland Ave, Albany. Masks and proof of COVID vaccination required. Please note that groups may need to shift to virtual on short notice.*

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