

# JFS Virtual Groups

Spring 2021

JFS is providing virtual groups for teens, adults and seniors. Groups are facilitated by JFS clinical staff.



## Pandemic Support

This group offers support for anyone who is struggling with the challenges and changes that have come with the pandemic.

**Facilitator:**

Alyssa Tubbs

**Thursdays, 12 – 1 p.m.**

5/13, 5/20, 5/27, 6/3, 6/10, 6/17

## Parenting Support

Join other parents and caregivers and get support with day-to-day parenting challenges and feeling stretched to the limit.

**Facilitator:**

Tara Hempel, LCSW-R

**Thursdays, 8:30 – 9:30 p.m.**

5/13, 5/20, 5/27, 6/3, 6/10, 6/17

## Past-time Partners

Smaller sized activity groups with technical support and adaptations, as needed.

**Facilitator:**

Nanette Brenner, OTR

**Keep on Singing**

**Mondays, 2 – 3 p.m.**

5/24, 6/7, 6/14, 6/21, 6/28

**Brain Games**

**Mondays, 4:30 – 5:30 p.m.**

5/24, 6/7, 6/14, 6/21, 6/28

## Occupational Therapy for Life Enrichment

Discussion about and participation in meaningful activities to uplift our moods and provide positive, healthy structure to the week.

**Facilitator:**

Nanette Brenner, OTR

**Tuesdays, 2 – 3 p.m.**

5/25, 6/1, 6/8, 6/15, 6/22, 6/29

## Coming Up for Air

A discussion group for older adults that will address staying connected and coping during this difficult time, maintaining safety in our homes, preserving healthy habits and self-care.

**Facilitator:** Clara Simon, MSW

**Tuesdays, 4:30 – 5:30 p.m.**

5/25, 6/1, 6/8, 6/15, 6/22

## Caregiver Connections

This group will provide support and information sharing for the often-overwhelming job of being an informal family caregiver.

**Facilitator:**

Lynda Shrager, OTR, MSW, CAPS

**Tuesdays, 3:15 – 4:15 p.m.**

6/1, 6/8, 6/15, 6/22

## Teen Talk

An opportunity for pre-teens and teens to unload about pandemic restrictions, stress & anxiety, peer relationships, communication issues and problem solving.

**Facilitator:**

Gretta Hansing, MEd, MSW, LMSW

**Mondays, 3:45 – 4:30 p.m.**

6/2, 6/9, 6/16, 6/23, 6/30, 7/7

## Registration

**Register online at [jfsneny.org/groups](https://jfsneny.org/groups), call 518-482-8856 or email [info@jfsneny.org](mailto:info@jfsneny.org).**

*Once you register, you will be emailed a link / phone number to join the group via Zoom. If you need one-on-one help accessing Zoom, please contact JFS.*

## Fees

Suggested donation of \$10 per group, or \$60 for all six weeks

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