

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
Missing My Other Half	Support for those who are grieving the death of a spouse or partner.	Thursdays, 11 a.m.–12 p.m. 1/13, 1/20, 1/27, 2/3, 2/10, 2/17	Tara Hempel, LCSW-R
Grief & Loss Support	Support for anyone who is grieving the death of a family member or friend.	Mondays, 2–3 p.m. 1/17, 1/24, 1/31, 2/7, 2/14, 2/21	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
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 jfsneny.org/groups. For more information, please call 518-516-1126 or email thempel@jfsneny.org.

Fees

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

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