JSSA Growth and Learning Programs

MARYLAND AND NORTHERN VIRGINIA

Groups
Clubs
Programs
Trainings
Seminars
Workshops

For the best in child, family and senior services…
Think JSSA
Within the context of a small 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:** $75-85 per session (may be 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 Guide for Parents,” designed specifically to help parents reinforce skills at home.

200 Wood Hill Road, Rockville Groups

**Boys and girls, grades K-1, ages 5-6 years**
Wednesdays, Oct. 17-Jan. 9, 4:00-4:50 p.m.
Leader: Jill Jerome, LCSW-C

**Boys, grades 2-3, ages 7-8 years**
Mondays, Oct. 15-Jan. 14, 4:30-5:30 p.m.
Leader: Stanley Fagen, Ph.D.

**Boys, grades 3-4, ages 8-9 years**
Tuesdays, Oct. 16-Jan. 15, 4:30-5:30 p.m.
Leader: Stanley Fagen, Ph.D.

**Boys, grades 4-5, ages 9-10 years**
Wednesdays, Oct. 17-Jan. 16, 4:30-5:30 p.m.
Leader: Stanley Fagen, Ph.D.

**Boys, grade 5, ages 10-11 years**
Thursdays, Oct. 18-Jan. 17, 4:15-5:15 p.m.
Leader: Stanley Fagen, Ph.D.

**Boys, grades 6-8, ages 11-13 years**
Thursdays, Oct. 18-Jan. 17, 5:45-6:45 p.m.
Leader: Stanley Fagen, Ph.D.

3018 Javier Road, Northern Virginia Groups

**Boys and girls, grades K-1, ages 5-7 years**
Thursdays, Sept-Jan., Dates TBD, 5:00-5:50 p.m.
Leader: Ravleen Kandhari, LCSW and Martha Fischer, MFT Intern

**Boys and girls, grades 2-3, ages 7-8 years with ADHD/Add**
Tuesdays, Oct. 16-Jan. 15, 5:00-5:50 p.m.
Leaders: Jennifer Newman, LCSW and Rebecca Porter, MSW

**Boys, grades 4-6, ages 9-11 years with ADHD or related disorders only**
Mondays, Oct.-Jan., Dates TBD, 6:00-6:50 p.m.
Leaders: Melissa Morrow, LCSW and Rebecca Greene, MSW

**Girls, grades 5-6, ages 10-11 years with ADHD or related disorders only**
Tuesdays, Oct. 16-Jan. 15, 6:00-6:50 p.m
Leader: Sarah Ince, LCSW

**Boys, grades 6-8, ages 11-13**
Thursdays, Oct. 4-Jan. 10, 5:00-6:00 p.m
Leader: Zach Lehman, LCSW-C

*Please note:“*”indicates an ongoing group with very limited availability.

Program information:
Unless otherwise noted, please call:
301.816.2633 (Rockville)
703.896.7918 (NoVA)

For more detailed information about groups (including new postings and group availability) please visit www.jssa.org/workshops-groups.
ADULTS AND FAMILIES

MAN TO MAN:
A MEN’S GROUP
The demands of manhood seem to have become more and more complicated in recent years. Many men experience high levels of isolation, dissatisfaction and even anger. This group provides a safe, caring, trusting environment where men can address their issues, gain self-awareness and develop more satisfying personal relationships.
When: Tuesdays, Oct. 23-Jan. 8, 6:00-7:30 p.m.
Where: 200 Wood Hill Road, Rockville
Facilitators: Scott Kreeger, LCSW-C
Cost: $180/series of twelve sessions
Pre-registration required: 301.610.8381

DEAF ADULTS RELATIONSHIP THERAPY GROUP
For adults ages 25 and over. This eight-session group provides an opportunity to share joys and sorrows, hopes and fears, coping mechanisms, and strategies for improving relationships.
When: Wednesdays, Feb. 1-Mar. 28, 6:30-8:00 p.m.
Where: 200 Wood Hill Road, Rockville
Facilitators: Lizabeth Katz, LCSW-C
Cost: $75 per session. May be insurance-reimbursable.
Pre-registration required: Lkatz@jssa.org

FAMILY MEMBER MONTHLY HOARDING SUPPORT GROUP
Co-sponsored by the Gaithersburg Task Force on Hoarding. Support for families and significant others. Meet in a friendly, confidential environment facilitated by a JSSA clinical social worker with experience in the area of hoarding and with family caregivers.
When: Monthly, 4th Tuesday; 6:30-8:30 p.m.
Where: 6123 Montrose Road, Rockville
Facilitators: Beth Shapiro, LCSW-C
Cost: $15 per session
Pre-registration required for first-time attendees: 301.816.2665

FAMILY MEMBER HOARDING SEMINAR SERIES
Co-sponsored by the Gaithersburg Task Force on Hoarding. This four session series is an opportunity for family members and significant others of adults with hoarding behaviors to learn, share and reenergize with others in similar situations. Sessions feature guest speakers and facilitated discussions.
When: Sept. 13 & 27, Oct. 10 &11, 6:30-8:30 p.m.
Where: 200 Wood Hill Road, Rockville
Facilitators: Beth Shapiro, LCSW-C
Cost: $60/series of four sessions
Pre-registration required: 301.816.2665

MAKING MARRIAGE WORK
Couples considering marriage or who are already engaged have just one wish - that their marriage be successful and last a lifetime. This six session workshop series explores healthy communication, fighting fair, personality differences and the expectations of love and marriage.
When: Wednesdays, Oct. 10-Nov. 14, 6:30-8:30 p.m.
Where: 200 Wood Hill Road, Rockville
Facilitators: Lori Kolle, LCSW-C; Vicki Hervitz, LGSW, and Rabbi David Rose
Cost: $475/series of six sessions
Pre-registration required: 301.610.8412

YOU AND YOUR AGING PARENTS
Support group for adult children with aging parent issues including coping with illness, sandwich generation, balancing your own needs, and frail parents living alone.
When: Monthly, Mondays, Dates TBA, 7:30-9:00 p.m.
Where: 6123 Montrose Road, Rockville
Facilitator: Beth Hess, LCSW-C
Cost: $15 per session
Pre-registration required: 301.816.2634

Parenting and Divorce

PARENTING DURING SEPARATION OR DIVORCE: A GUIDE FOR PARENTS
JSSA strives to help couples and their children preserve family bonds as they move forward during this transition. This workshop can make a significant difference in the attitude and actions of those seeking separation or divorce.
When: Tuesday, Oct. 16, 5:30-8:30 p.m.
Where: 200 Wood Hill Road, Rockville
Facilitators: Laurence Fabre-Welmond, LCSW-C
Jennifer Firestone, LCSW-C
Scott Kreeger, LCSW-C
Cost: $50 per person
Pre-registration required: 301.610.8381

JSSA provides treatment and employment without regard to race, color, age, national origin, gender, religion, sexual orientation or disability. JSSA accepts most insurance and participates in many managed care programs. Fees for some services can be adjusted based on income.
AUTISM SPECTRUM DISORDERS ACROSS THE LIFESPAN

SOCIAL SKILLS THERAPY GROUPS FOR CHILDREN AND TEENS

Within the context of a small 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:** $75-85 per session (may be 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 Guide for Parents,” 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 with Asperger’s syndrome and related disorders*

Wednesdays, Oct. 3-Dec. 12, 4:30-5:30 p.m.
Leaders: Sarah Hillegass, LCSW-C, Stacie Feldman, LGPC

Boys, grades 6-8, ages 11-13 years with Asperger’s

Mondays, Oct.-Jan., Dates and Times TBD
Leader: Zach Lehman, LCSW-C

**Northern Virginia Groups**

Boys and girls, grades 2-3, ages 7-8 years with Asperger’s syndrome and related disorders*

Mondays, Oct. 15-Jan. 28, 5:00-6:00 p.m.
Leaders: Michal Berkson, LCSW/LICSW and Rebecca Porter, MSW

Boys and girls, grades 3-4, ages 8-9 years with Autism spectrum or related disorders*

Tuesdays, Oct.-Jan., Dates TBD, 5:00-5:50 p.m.
Leader: Larisa Perez deGraffenreid, LCSW

Boys and girls, grades 5-6, ages 10-11 years with Autism spectrum or related disorders

Wednesdays, Oct.-Jan., Dates TBD, 6:00-6:50 p.m.
Leaders: Larisa Perez deGraffenreid, LCSW and Rebecca Greene, MSW

Boys and girls, grades 7-9, ages 12-13 years with Asperger’s*

Oct.-Jan., Days and Times TBD, 6:00-7:00 p.m.
Leader: Andrew McGahan, LCSW

**Teen boys, grades 10-12, with Asperger’s**

Wednesdays, Oct. 10-Jan. 2, 5:00-6:00 p.m.
Leader: Eliott Schwartz, LCSW

*Please note:“*” indicates an ongoing group with very limited availability.

COOL, CALM & CONNECTED: A YOUNG ADULT SOCIAL SKILLS THERAPY GROUP

For men and women ages 23 and older. This group will provide opportunities for participants to understand and improve their social interactions. Participants will discuss and practice skills to reduce social anxiety and strengthen connections with family members, friends, co-workers, and acquaintances.

**When:** Tuesdays, Oct. 16-Jan. 22; 5:30-6:30 p.m.
**Where:** 200 Wood Hill Road, Rockville
**Leader:** Kate Wissman, LCSW-C
**Cost:** $75 per session. *May be insurance-reimbursable*

COOL, CALM & CONNECTED: A YOUNG ADULT SOCIAL SKILLS THERAPY GROUP FOCUSING ON RELATIONSHIPS

For young adults ages 19-29 with Asperger’s syndrome or a related disorder. Participants will focus on strengthening social communication skills, increasing comfort with social interaction, and learning appropriate means of managing stress, anxiety and frustration.

**When:** Tuesdays, Oct. 16-Dec. 22, 7:00-7:50 p.m.
**Where:** 3018 Javier Road, Fairfax
**Leader:** Michal Berkson, LCSW/LICSW
**Cost:** $75 per session. *May be insurance-reimbursable*

**Northern Virginia Groups**

Boys and girls, grades 2-3, ages 7-8 years with Autism spectrum or related disorders*

Mondays, Oct. 15-Jan. 28, 5:00-6:00 p.m.
Leaders: Michal Berkson, LCSW/LICSW and Rebecca Porter, MSW

Boys and girls, grades 3-4, ages 8-9 years with Autism spectrum or related disorders*

Tuesdays, Oct.-Jan., Dates TBD, 5:00-5:50 p.m.
Leader: Larisa Perez deGraffenreid, LCSW

Boys and girls, grades 5-6, ages 10-11 years with Autism spectrum or related disorders

Wednesdays, Oct.-Jan., Dates TBD, 6:00-6:50 p.m.
Leaders: Larisa Perez deGraffenreid, LCSW and Rebecca Greene, MSW

Boys and girls, grades 7-9, ages 12-13 years with Asperger’s*

Oct.-Jan., Days and Times TBD, 6:00-7:00 p.m.
Leader: Andrew McGahan, LCSW

**Teen boys, grades 10-12, with Asperger’s**

Wednesdays, Oct. 10-Jan. 2, 5:00-6:00 p.m.
Leader: Eliott Schwartz, LCSW

*Please note: “*” indicates an ongoing group with very limited availability.

**Program information:** Unless otherwise noted, please call: 301.816.2633 (Rockville) 703.896.7918 (NoVA)
GOING PLACES! A SOCIAL CLUB FOR TEENS WITH ASPERGER’S

JSSA and the Jewish Community Center of Northern Virginia (JCCNV) presents a social club for teens ages 14-17 with Asperger’s syndrome and related disorders. The club provides a variety of monthly social opportunities in a structured, supportive and safe environment with guidance from professionally trained staff who work with participants on improving social skills and overall comfort in social situations.

**When:** Sundays, Sept. 23, Oct. 21, Nov. 4, Dec. 9

**Where:** Northern Virginia-event locations will vary

**Facilitators:** Michal Berkson, LCSW/LICSW, JSSA; and Melissa Hochberg, Resource Specialist, JCCNV

**Cost:** $30 per event

**Pre-registration required:** melissah@jccnv.org or 703.537.3040

GOING PLACES! A SOCIAL CLUB FOR YOUNG ADULTS WITH ASPERGER’S SYNDROME

JSSA and the Jewish Community Center of Northern Virginia (JCCNV) presents a social club for young adults ages 18-29 with Asperger’s syndrome and related disorders. The club provides a variety of monthly social opportunities in a structured and supported environment.

**When:** Sundays, Sept. 23, Oct. 21, Nov. 4, Dec. 2, Times TBD

**Where:** Northern Virginia-event locations will vary

**Facilitators:** Dawn Kaye, LCSW, JSSA, Michal Berkson, LCSW/LICSW, JSSA, and Melissa Hochberg, Resource Specialist, JCCNV

**Cost:** $30 per event

**Pre-registration required:** melissah@jccnv.org or 703.537.3040

OUT AND ABOUT! A SOCIAL CLUB FOR YOUNG ADULTS WITH ASPERGER’S SYNDROME

For young adults ages 18-30 with Asperger’s and related disorders. Participants will be encouraged to engage with their peers in a fun and stimulating environment. Activities include local field trips, games, art projects, movies, dining out, etc. Group members will also be encouraged to suggest new ideas for other weekend outings.

**When:** Sundays, Sept. 9, Oct. 28, Nov. 18, Dec. 2, Jan. 13, Times TBD

**Where:** Maryland-event locations will vary

**Facilitators:** Caryn Harris, LGPC and Stacie Feldman, LGPC

**Cost:** $30 per event

**Pre-registration required:** 301.610.8414

SUPPORT GROUP FOR PARENTS OF CHILDREN WITH AUTISM SPECTRUM DISORDERS

Parents (also open to other family members) share coping strategies and community resources, develop networks and gain support.

**When:** Mondays, Sept. 10, Oct. 15, Nov. 5, Dec. 3, Jan. 7, 7:00-8:15 p.m.

**Where:** 200 Wood Hill Road, Rockville

**Facilitator:** Jamell White, LCSW-C

**Cost:** No charge

**Pre-registration required:** 301.610.8361

SUPPORT GROUP FOR PARENTS OF YOUNG ADULTS WITH AUTISM SPECTRUM DISORDERS

Parents share coping strategies and community resources, while gaining support from others. Guest speakers will be invited to some sessions.

**When:** Wednesdays, Sept. 19, Oct. 24, Nov. 28, Dec. 19, 7:00-8:30 p.m.

**Where:** 3018 Javier Road, Fairfax

**Facilitator:** Michal Berkson, LCSW/LICSW

**Cost:** $15 per session

**Pre-registration required:** 703.896.7914

For more detailed information about groups (including new postings and group availability) please visit www.jssa.org/workshops-groups
FALL 2012

SPECIAL NEEDS

FAMILY SUPPORT GROUP
This support group focuses on building a support network, identifying community resources, and balancing one’s own needs with those of children up to age 20 with special needs.
When: Monthly, 3rd Tuesday, 7:15-9:00 p.m.
Where: 6123 Montrose Road, Rockville
Facilitator: Stacie Feldman, LGPC
Cost: Free of charge
Pre-registration required: 301.610.8355

SIBLING SUPPORT WORKSHOP
Workshop for siblings of children with physical and/or developmental disabilities. The groups may be co-ed and will be formed based on age and specific needs. Workshop topics include: education about disabilities, coping strategies, feelings related to having a sibling with a disability, and strengthening communication between parents and children.
When: Dates and Times TBD.
Where: 200 Wood Hill Road, Rockville
Facilitator: Stacie Feldman, LGPC and Caryn Harris, LGPC
Cost: $210 for the entire series
Pre-registration required: 301.610.8414

DEAF ADULTS RELATIONSHIP THERAPY GROUP
For adults ages 25 and over. This eight-session group provides an opportunity to share joys and sorrows, hopes and fears, coping mechanisms, and strategies for improving relationships.
When: Thursdays, Sept. 27-Nov. 15, 6:00-7:30 p.m.
Where: 200 Wood Hill Road, Rockville
Facilitators: Lizabeth Katz, LCSW-C
Cost: $75 per session. May be insurance-reimbursable.
Pre-registration required: Lkatz@jssa.org

BEREAVEMENT

SUICIDE GRIEF SUPPORT GROUP
Support group for those who have lost a loved one to suicide. Facilitated by a JSSA clinician with specialized training and experience in grief following suicide, the group offers a respectful and supportive setting for gaining insight and sharing feelings. This group is offered at no charge.
When: 1st and 3rd Mondays, Times TBD
Where: 6123 Montrose Road
Facilitator: Ellen Lebedow, LCSW-C
Pre-registration required: 301.816.2708

NEWLY WIDOWED SPOUSES SUPPORT GROUP
Ongoing group for adults grieving the death of a spouse or partner occurring within the past year. This group is offered at no charge.
When: 2nd & 4th Fridays, 10:30-noon
Where: 6123 Montrose Road, Rockville
Facilitator: Evelyn Goldstein, LCSW-C
Pre-registration required: 301.816.2669

BEREAVED PARENTS SUPPORT GROUP
Ongoing evening group for parents grieving the death of a young or young adult child. This group is offered at no charge.
When: Monthly, Dates and Times TBD
Where: 6123 Montrose Road, Rockville
Facilitator: Suzanne Adelman, LCSW-C
Pre-registration required: 301.816.2683

SUPPORT GROUP FOR ADULTS GRIEVING THE LOSS OF A PARENT
Eight session group for adults grieving the loss of a parent. This group is offered at no charge.
When: Dates and Times TBD
Where: 200 Wood Hill Road, Rockville
Facilitator: Sharon Peska, LGSW
Pre-registration required: 301.816.2683

JSSA relies on the generosity of our donors to support the many free or sliding scale services and programs that we provide to our community.
Learn how you can help. Please visit: www.jssa.org/donate
TWO-DAY JOB SEARCH BOOT CAMPS
Join our jam-packed, action-oriented, two-day training program and become an expert in finding a job.
When: Sept. 10 & 11, 9:00 a.m.-4:00 p.m.
Where: 200 Wood Hill Road, Rockville
Facilitator: Judy Smith, Registered Corporate Coach
Cost/Registration: $50.00

FOUR-DAY EXECUTIVE JOB SEARCH BOOT CAMP
Combat the unique challenges of being “overqualified.”
• Create a Resume That Gets You in the Door
• Polish Your Interview Skills
• Reinvent Yourself: Develop Your Own Brand
• Maximize Social Marketing
When: Oct. 30 & 31, Nov. 6 & 7, 9:00 a.m.-4:00 p.m.
Where: 200 Wood Hill Road, Rockville
Facilitator: Judy Smith, Registered Corporate Coach
Cost/Registration: $95.00

ONE-DAY FEDERAL JOB SEARCH BOOT CAMP
Join this one-day hands-on program and conquer the Federal hiring process.
• Write your Federal resume from a former GS-15 HR Manager, Office of Personnel Management
• Gain start to finish “insider tips” on Federal job searches
• Master navigation of USAjobs.gov.
When: Jan. 9, 9:00 a.m.-4:00 p.m.
Where: 200 Wood Hill Road, Rockville
Facilitator: Corliss Jackson, Certified Federal Career Counselor
Cost/Registration: $75.00

SAVE THE DATE
PASSION TO PROFIT: TURNING YOUR NEXT GREAT IDEA INTO A SUCCESSFUL BUSINESS
Presented with sixth&i
It's always said that the happiest and most successful business people are ones that turn their passion into profit. Join our panel of local entrepreneurs who have built lucrative businesses on this ideal and hear their advice for starting your own venture. Networking event to follow.
When: Oct. 17, 7:00 p.m.
Keynote/Moderator: Seth Goldman, Founder, Honest Tea
Panelists: Erika Ettin, Founder, A Little Nudge; Steve Davis, Founder, Mr. Yogato; Joshua Cogan, Founder, Joshua Cogan Photography and Sweatlodge Productions
Where: Sixth & I, 600 I Street, NW Washington, DC
Cost: $6.00 in advance. $8.00 at the door.
Register: www.sixthandi.org

SPEED NETWORKING EVENT WITH EMPLOYERS
When: Dec. 4; 7:00-8:30 p.m.
Where: Tikvat Israel Congregation, Rockville, MD
Cost/Registration: No charge