

SAVE THE DATE

November 3, 2011

Professional Symposium:

featuring

Dr. Edgardo Menvielle

"Gender Identity and Sexuality: Clinical Understanding and Best Practices"

Learn more: www.jssa.org

About JSSA

JSSA has been helping people across the Washington metropolitan area meet emotional, social, and physical challenges for more than 118 years. A nonsectarian provider, we serve people of all religious backgrounds, races and ethnicities, helping the youngest child to the most fragile senior, from individuals to entire families. JSSA provides services and support to more than 30,000 individuals a year through our wide range of counseling, educational, employment, in-home support, hospice and nursing care, and social services.



Jewish Social Service Agency
200 Wood Hill Road
Rockville, MD 20850
www.jssa.org



Partner Agency of
The Jewish Federation
OF GREATER WASHINGTON



For the best in child, family and senior services...

Think JSSA

MARYLAND AND NORTHERN VIRGINIA

**Groups
Clubs
Camps
Trainings
Seminars
Workshops**



JSSA Growth and Learning Programs

FALL 2011

JSSA Growth and Learning Programs
Fall 2011

Remember to Register Early!

FALL 2011

Children and Adolescents Social Skills Therapy Groups

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:** \$65-75 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 specially to help parents reinforce skills at home.

200 Wood Hill Road, Rockville Groups

Preschoolers, ages 3-5 years

Mondays, Oct. 17-Jan. 9, 1:30-2:20 p.m.
Leader: Wendy Baber, LCSW-C; Ju Liu, LGSW

Boys, ages 5-7 years

Tuesdays, Oct. 18-Jan. 10, 4:30-5:20 p.m.
Leader: Wendy Baber, LCSW-C

Boys, grades 2-3, ages 7-8 years*

Mondays, Oct. 10-Jan. 19, 4:15-5:15 p.m.
Leader: Stanley Fagen, PhD.

Girls, grades 2-3, ages 7-8 years*

Mondays, Sept. 12-Dec. 5, 5:00-6:00 p.m.
Leader: Laura Baer, LCPC; Ju Liu, LGSW

Boys, grades 3-4, ages 8-9 years*

Wednesdays, Oct. 19-Jan. 18, 4:15-5:15 p.m.
Leader: Stanley Fagen, PhD.

Boys, grades 4-5, ages 9-10 years*

Tuesdays, Oct. 11-Jan. 10, 4:15-5:15 p.m.
Thursdays, Oct. 27-Jan. 26, 4:15-5:15 p.m.
Leader: Stanley Fagen, PhD.

Boys, grades 6-7, ages 11-12 years*

Thursdays, Oct. 27-Jan. 26, 5:45-6:45 p.m.
Leader: Stanley Fagen, PhD.

Boys, grades 6-8, ages 11-13 years

Wednesdays, Oct. 24-Jan. 25; 5:00-5:50 p.m.
Leader: Zach Lehman, LCSW-C



3018 Javier Road, Fairfax Groups

Boys and girls, K-1, ages 5-6 years*

Thursdays, Oct. 27-Feb. 2, 5:00-5:50 p.m.
Leaders: Michal Berkson, LCSW; Rebecca Porter, MSW

Boys and girls, grades 2-3, ages 7-8 years

Tuesdays, Sept. 20-Dec. 13, 5:00-5:50 p.m.
Leader: Sarah Ince, LCSW

Boys and girls, grades 4-5, ages 8-9 years

Thursdays, Oct. 27-Jan. 26, 5:00-5:50 p.m.
Leader: Zach Lehman, LCSW-C

Girls, grades 4-6, ages 8-10 years

Thursdays, Sept. 22-Jan. 12, 6:00-6:50 p.m.
Leader: Sarah Ince, LCSW

**Please note that this is an ongoing group with very limited availability.*

Program information:
Unless otherwise noted, please call:
301-816-2633 (Rockville)
703-896-7918 (NoVA)

FALL 2011

Adults and Families

YOU AND YOUR AGING PARENTS

Support group for adult children with aging parent issues: coping with illness, sandwich generation, balancing your own needs, and frail parents living alone.

When: Monthly, 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

NEWLY WIDOWED SPOUSES SUPPORT GROUP

This ongoing group is for adults grieving the death of a spouse or partner occurring within the past year. This group is free of charge.

When: 2nd & 4th Fridays, 10:30 a.m.-noon

Where: 6123 Montrose Road, Rockville

Facilitator: Evelyn Goldstein, LCSW-C

Pre-registration required: 301-816-2669

BEREAVED PARENTS SUPPORT GROUP

This ongoing evening group is for parents grieving the death of a young or young adult child. This group is free of charge.

When: Monthly, dates and times TBA.

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

This eight session group is for adults grieving the loss of a parent. This group is free of charge.

When: Monthly, dates and times TBA.

Where: 200 Wood Hill Road, Rockville

Facilitator: Sharon Peska, LGSW

Pre-registration required: 301-816-2683

FAMILY MEMBER HOARDING SUPPORT GROUP

Co-sponsored by the Gaithersburg Task Force on Hoarding. This four session seminar series is an opportunity for family members of adults with hoarding behavior to learn, share and reenergize with others in similar situations. Sessions feature guest speakers and facilitated discussion.

When: Sept. 13 and 27, Oct. 11 and 25, 6:00-7:30 p.m.

Where: 200 Wood Hill Road, Rockville

Facilitators: Beth Shapiro, LCSW-C (JSSA); Pazi Aviv (Montgomery County Housing Opportunities Commission)

Cost: \$60/series of four sessions

Pre-registration required: 301-816-2665

FAMILY MEMBER HOARDING SEMINAR SERIES

Co-sponsored by the Gaithersburg Task Force on Hoarding. This monthly support group offers those with a relative with hoarding behaviors an opportunity to meet in a friendly, confidential environment. The group is facilitated by a clinical social worker with many years of experience in the area of hoarding and with family caregivers. **When:** 4th Tuesday of every month, begins November 22, 5:30-7:30 p.m.

Where: 200 Wood Hill Road, Rockville

Facilitator: Beth Shapiro, LCSW-C

Cost: \$15/per session

Pre-registration required: 301-816-2665

Marriage and Divorce

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 workshop series explores healthy communication, fighting fair, personality differences and the expectations of love and marriage.

When: Thursdays, Nov. 3 - Dec. 15, 7:00-9:00 p.m.

Where: 200 Wood Hill Road, Rockville

Facilitators: Robyn Levy Krugman, LCSW-C;

Rabbi David Rose

Cost: \$450/series of six sessions

Pre-registration required: 301-610-8393

SEPARATED AND DIVORCED DEAF ADULTS SUPPORT GROUP

For deaf and hard of hearing adults. Share similar experiences, gain support and advice.

When: Wednesday, Oct. 26 - Nov. 16, 6:00-7:30 p.m.

Where: 200 Wood Hill Road, Rockville

Facilitator: Liz Katz, LCSW-C

Cost: \$140/series of four sessions

Pre-registration required: Lkatz@jssa.org;
TTY: 301-309-2597; Voice: 301-838-4200

Visit www.jssa.org for program details.

New!

New!

**Autism Spectrum Disorders
Across the Lifespan**

**Children/Adolescents Asperger's
Syndrome Therapy Groups**

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:** \$65-75 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 Asperger's Social Skills Guide for Parents," designed specially to help parents reinforce skills at home.

200 Wood Hill Road, Rockville Groups

Boys and girls, grades K-1, ages 5-7 years
Tuesdays, Sept. 20-Dec. 6, 4:30-5:30 p.m.
Leader: Sarah Hillegass, LCSW-C

Boys, grades 3-4, ages 8-9 years*
Mondays, Sept. 12-Dec. 19, 4:00-5:00 p.m.
Leader: Laurence Fabre-Welmond, LCSW-C

Boys, grades 5-6, ages 10-11 years*
Thursdays, Oct. 27-Jan. 26, 5:00-6:00 p.m.
Leader: Laurence Fabre-Welmond, LCSW-C

Boys, middle school, ages 11-13
Mondays, Oct. 24-Jan. 23, 6:00-7:00 p.m.
Leader: Zach Lehman, LCSW-C

Boys and girls, high-school,
Wednesdays, Oct. 5-Jan. 18, 5:30-6:30 p.m.
Leader: Christy Gragg, LCPC

3018 Javier Road, Fairfax Groups

Boys and girls, grades 3-4, ages 8-9 years*
Wednesdays, Sept.-Jan. (Dates TBA), 5:00-5:50 p.m.
Leader: Andrea LoBalbo, LCSW

Boys and girls, grades 5-6, ages 10-12 years*
Wednesdays, Sept. 21-Jan. 4., 5:00-5:50 p.m.
Leader: Larisa Perez deGraffenreid, LCSW

Girls, grades 7-9, ages 12-14 years*
Mondays, Sept.-Jan. (Dates TBA), 6:00-6:50 p.m.
Leader: Andrea LoBalbo, LCSW

Boys, grades 10-12, ages 15-17 years*
Wednesdays, Sept. 14-Dec. 21; 5:00-5:50 p.m.
Leader: Elliott Schwartz, LCSW

**Please note that this is an ongoing group with very limited availability.*



**GOING PLACES! A SOCIAL CLUB
FOR TEENS WITH ASPERGER'S**

JSSA and the Jewish Community Center of Northern Virginia present a social club for teens ages 14-17 with Asperger's syndrome and related disorders. Group activities are geared towards getting to know each other and building essential social skills.

When: Sundays, Sept. 18-Nov. 6; 12:00-2:00 p.m.
Where: Location of events will vary.
Facilitators: Michal Berkson, LCSW/LICSW (JSSA); Melissa Hochberg, Resource Specialist (JCCNV)

Cost: \$25 per event
Pre-registration required: melissah@jccnv.org, 703-896-7912

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

For young adults ages 19-26 who may have PDD, Asperger's syndrome or related challenges. Participants will focus on building and maintaining healthy relationships with peers, parents, co-workers and significant others. Participants will work on appropriately managing feelings such as anxiety, disappointment, anger and jealousy.

When: Tuesdays, Sept. 13-Nov. 22, 6:45-7:45 p.m.
Where: 200 Wood Hill Road, Rockville
Leader: Alison Dorsky, LCSW-C

Cost: \$65/session (*may be insurance-reimbursable*)

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.

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

For young adults ages 19-29 with Asperger's syndrome or related disorders. Participants will focus on understanding non-verbal communication, building and maintaining relationships and managing stress, anxiety and frustration.

When: Tuesdays, Oct. 4- Jan. 10; 6:00-7:00 p.m.
Where: 3018 Javier Road, Fairfax
Leader: Michal Berkson, LCSW

Cost: \$65/session (*may be insurance-reimbursable*)

**GOING PLACES! A SOCIAL CLUB FOR
YOUNG ADULTS WITH ASPERGER'S**

JSSA and the JCCNV present 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 supportive environment.

When: Sundays, Sept. 18, Oct. 23, Nov. 6, Dec. 4, Jan. 8, Time TBA.
Where: Northern Virginia. Locations will vary.
Facilitators: Dawn Kaye, LCSW (JSSA), Michal Berkson, LCSW (JSSA), and Melissa Hochberg (JCCNV)

Cost: \$25 per event
Pre-registration required: 703-537-3040 or melissah@jccnv.org

**GOING PLACES! A SOCIAL CLUB FOR
YOUNG ADULTS WITH ASPERGER'S AND
RELATED DISORDERS**

For young adults ages 18-30. 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. 25, Oct. 23, Nov. 13, Dec. 18 and Jan. 22. Times TBA
Where: Maryland. Locations of events will vary.
Facilitators: Caryn Harris, LGPC, and Stacie Feldman, LGPC

Cost: \$25 per event
Pre-registration required: 301-610-8414

Program information:
Unless otherwise noted, please call:
301-816-2633 (Rockville)
703-896-7918 (NoVA)

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

Co-sponsored with George Mason University, Office of Disability. For young adults ages 19-30 who may have Asperger's or a related disorder. This group will focus on building and maintaining healthy relationships with classmates, teachers, peers, parents, co-workers, siblings and significant others and on appropriately managing feelings such as frustration, anxiety, disappointment, anger and jealousy.

When: Tuesdays, Sept. 20-Dec.13, 7:00-7:50 p.m.
Where: George Mason University, 4409 University Dr. Student Union Building 1, Room 3313, Fairfax, VA
Leader: Dawn Kaye, LCSW

Cost: \$65/session (*may be insurance-reimbursable*)

**GOING PLACES! A SOCIAL CLUB FOR
YOUNG ADULTS WITH ASPERGER'S**

JSSA and the JCCNV present 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 supportive environment.

When: Sundays, Sept. 18, Oct. 23, Nov. 6, Dec. 4, Jan. 8, Time TBA.
Where: Northern Virginia. Locations will vary.
Facilitators: Dawn Kaye, LCSW (JSSA), Michal Berkson, LCSW (JSSA), and Melissa Hochberg (JCCNV)

Cost: \$25 per event
Pre-registration required: 703-537-3040 or melissah@jccnv.org

**GOING PLACES! A SOCIAL CLUB FOR
YOUNG ADULTS WITH ASPERGER'S AND
RELATED DISORDERS**

For men and women ages 25 and older, this group will provide opportunities for participants to understand and improve their social interactions. Participants will discuss and practice skills to develop and strengthen connections with family members, friends, co-workers, and acquaintances.

When: Thursdays, Sept. 8-Jan. 19; 6:00-7:00 p.m.
Where: 200 Wood Hill Road, Rockville
Leader: Kate Wissman, LCSW-C

Cost: \$65/session (*may be insurance-reimbursable*)

**GOING PLACES! A SOCIAL CLUB FOR
ADULTS
30+ WITH ASPERGER'S**

JSSA and the JCCNV co-sponsor this structured and supportive monthly social outing program.
When: Sundays, Sept. 25, Nov. 13 and Jan. 2, Time TBA
Where: Locations of events will vary.
Facilitators: Dawn Kaye, LCSW (JSSA), Michal Berkson, LCSW (JSSA) and Melissa Hochberg, Resource Specialist (JCCNV)

Cost: \$25 per event
Pre-registration required: 703-537-3040 or melissah@jccnv.org

Visit www.jssa.org for program details.



**PARENTS SUPPORT GROUP: PARENTS OF
CHILDREN WITH ASDs**

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

When: Mondays, Sept.12, Oct. 3, Nov. 7, Dec. 5, Jan. 9, 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 ASDs**

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

When: Wednesdays, Sept. 21, Oct. 26, Nov. 30, Dec. 21, 7:00-8:30 p.m.
Where: 3018 Javier Road, Fairfax
Facilitator: Michal Berkson, LCSW

Cost: \$15 per session
Pre-registration required: 703-896-7914

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

Special Needs

**SUPPORT GROUP FOR PARENTS OF
CHILDREN WITH SPECIAL NEEDS**

This monthly support group focuses on building a support network, identifying community resources, and balancing one's own needs with those of children with special needs.

When: 3rd Tuesday of every month, Sept. 20, Oct. 18, Nov. 15 and Dec. 20, 7:15-8:45 p.m.
Where: 6123 Montrose Road, Rockville
Facilitator: Stacie Feldman, LGPC

Cost: Free of charge
Pre-registration required: 301-610-8355

**SIBLING SUPPORT GROUP FOR
CHILDREN WITH DISABILITIES**

This six session support group may be co-ed and will be formed based on age and specific needs. Workshop topics include: education on different disabilities, coping strategies and how to improve communication between parents and children.

When: Dates and times TBA
Where: 200 Wood Hill Road, Rockville
Facilitators: Caryn Harris, LGPC; Stacie Feldman, LGPC

Cost: \$210/series of six sessions
Pre-registration required: 301-610-8355

COMMUNITY SEMINARS

October 4 - 7:00 - 9:00 p.m.
Employment, Volunteer and Other Vocational Options for Adults with Disabilities

November 6 - 7:00-9:00 p.m.
Issues Impacting Individuals with Disabilities
Workshop 1 - Educational Advocacy, Special Education Process and Programming

Workshop 2 - Access to Health Care

Workshop 3 - Transition Services and Educational Options Post-High School

December 14 - 7:00 - 9:00 p.m.
Camps and Other Recreational Programs for Children and Adults with Disabilities

Facilitator: Jamell White, LCSW-C
Cost: \$10/per session
Where: 200 Wood Hill Road, Rockville

Pre-registration required: 301-610-8414
Deaf interpreter available with one week prior notice. Register Today. Limited Space!

Career Services

JOB SEARCH BOOT CAMP

A jam-packed, action-oriented, 2-day training program for those serious about finding a job now. Unearth the hidden job market, write a powerful resume, organize your job search, network effectively, and interview with confidence.

When: Wednesday/Thursday, Sept. 7-8, 9:00 a.m.-4:00 p.m.
Led by: Judy Smith, JSSA Career Coach
Cost/Registration: \$50.00. Register online: www.jssa.org
Where: 200 Wood Hill Road, Rockville

FALL 2011 CAREER SEMINAR SERIES

**THE GRAY ADVANTAGE: THE 50+ JOB
SEEKER IN TODAY'S TOUGH JOB MARKET**

In today's job market, older workers point to age discrimination as a major obstacle in their attempts to find a job. Learn how:

- To maximize your employment desirability
- To show your enthusiasm and energy and become a stand-out candidate
- To master new technology and establish a competitive edge

When: Monday, September 26, 7:00-8:30 p.m.
Panel Presenters: Shira Harrington, CEO of Purposeful Hire and researcher on generational differences in the work place; Judy Smith, JSSA Career Coach; Michael Abramowitz, former JSSA career services client and recently re-employed senior.

Cost/Registration: \$10.00. Register: www.jssa.org
Where: 200 Wood Hill Road, Rockville

THE ABCs OF NETWORKING SKILLS

For job seekers, entrepreneurs and consultants. Avoid some of the turn-offs and mistakes often made in the job search. Learn the rules and tools for creating and cultivating networking relationships in professional and social settings.

When: Monday, October 24, 6:30-8:30 p.m.
Presenter: Lynne Waymon, CEO, Contacts Count and co-author of *Make Your Contacts Count* and *The Networking Competency Assessment*.

Cost/Registration: \$10.00. Register: www.jssa.org
Where: 200 Wood Hill Road, Rockville

SELF-BRANDING 101

Have you been challenged with the task of starting over or reinventing yourself? Looking for a job and not getting any results? It's time to add another approach. Learn how to apply simple branding principles like those of giants Apple and Nike, and start opening doors!

When: Wednesday, November 30, 7:00-8:30 p.m.
Presenter: Marva L. Goldsmith, AICI CIP, certified brand strategist and image professional. Author of *Re-Branding Yourself After Age 50*.

Cost/Registration: \$10.00. Register: www.jssa.org
Where: 200 Wood Hill Road, Rockville



ONGOING JOB SEARCH PROGRAMS

JOB SEARCH NETWORKING GROUPS

Discuss experiences and resources. Update your action plan. Get expert guidance. Free of charge. Visit: www.jssa.org for dates and times.

Where: 200 Wood Hill Road, Rockville and Adas Israel Congregation, Washington, DC

LINKED IN WORKSHOPS

For beginners and intermediates. Alternates monthly. Free of charge. Visit: www.jssa.org for dates and times.

Where: 200 Wood Hill Road, Rockville

JOB SKILLS LIBRARY WORKSHOPS

The "Do's and Don'ts" of resumes and the keys to mastering the interview process. Free of charge. Visit: www.jssa.org for dates, times and library locations.

Looking for a job?

Contact JSSA Career Services!

301-610-8380
careerinfo@jssa.org
Visit www.jssa.org