

JFS Virtual Groups

JFS is providing virtual groups for teens, adults and seniors*. We are waiving fees for these groups and they will be facilitated by JFS clinical staff.

COMING UP FOR AIR: A DISCUSSION GROUP FOR SENIORS

Facilitated by the JFS Senior Resource Network team, this group is for older adults to discuss Aging Information and Resources and other timely issues. We will address staying connected when you feel disconnected, coping with the barrage of changes and realities that impact your life, maintaining safety in your home, preserving healthy habits and self-care, and more.

Facilitators: Erin Plonka, LMSW, Lynda Shrager, OTR, MSW, CAPS, and Clara Simon, MSW
Tuesdays, 4:30 – 5:30 p.m. 4/28, 5/5, 5/12, 5/19, 5/26, 6/2

STUDENT CHAT

This group is for middle- and high-school students experiencing frustration with being stuck at home. We'll talk about what it's like being trapped with your family full-time, missing your friends, the loss of end-of-school-year activities, and other stressors.

Facilitators: Claire Greenhill, MS, and Lauren Weisberg, PsyD
Tuesdays, 3:00 – 4:00 p.m. 4/28, 5/5, 5/12, 5/19, 5/26, 6/2

MINDFULNESS PRACTICE & DISCUSSION TO COMBAT TENSION

Mindfulness is the practice of being fully present in the moment – it takes practice, but it can help with emotional regulation, anxiety, depression, and managing day-to-day stress. This group will provide guidance, discussion, and practice mindfulness activities.

Facilitators: Judi England, RN, LMT, and Lauren Weisberg, PsyD
Mondays, 3:00 – 4:00 p.m., 4/27, 5/4, 5/11, 5/18, 6/1, 6/8, (no group on 5/25)

BUILDING RESILIENCE FOR EMOTIONAL WELL-BEING

No one is protected from facing difficult situations in life. In order to deal with our current homebound situation, we will discuss and help you implement ways to regain and maintain resilience, identify tools to fuel your spirit, and practice activities to address anxiety, boredom, lack of purposefulness, and isolation.

Facilitators: Nanette Brenner, OTR, and Lauren Weisberg, PsyD
Mondays, 1:00 – 2:00 p.m., 5/4, 5/11, 5/18, 6/1, 6/8, 6/15 (no group on 5/25)

To register, email info@jfsneny.org, call 518-482-8856 or visit jfsneny.org

You will be emailed a link / phone number to join the group via Zoom, an online, interactive platform with video -- but you can also simply call in!
If you need one-on-one help accessing Zoom, please contact JFS.

* More groups being added. Please be in touch to suggest additional topics.

