

JFS Virtual Groups

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

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., 6/1, 6/8, 6/15, 6/22, 6/29 (no group on 5/25)

RESILIENCE AND ACTIVITIES FOR EMOTIONAL WELL-BEING

In this group, we will discuss and help participants implement ways to regain and maintain resilience, identify tools to fuel your spirit, and engage in activities to address boredom, lack of purposefulness, and isolation. Activities will be modified for physical limitations you may have. This will also be an opportunity to discuss shared interests that you value and enjoy.

Facilitators: Nanette Brenner, OTR, and Lauren Weisberg, PsyD

Mondays, 3:00 – 4:00 p.m., 6/15, 6/22, 6/29/6, 7/13, 7/20

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. 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30

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. 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30

MISSION IMPOSSIBLE: PARENTING DURING COVID-19

Parents are stretched to the limit, but our kids need us more than ever. If this feels impossible, that's because it is! Gather virtually with area parents to commiserate, support each other, and offer suggestions on how to do the impossible: parenting (and educating) in the time of quarantine. This group is open to parents of children of all ages (infancy through high school).

Facilitators: Claire Greenhill, MS

Thursdays, 8:00 p.m. 5/21, 5/27, 6/4, 6/11, 6/18

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.*

