



Everyone is affected by the COVID-19 Pandemic.

WJCS is here to help.

MENTAL HEALTH CALENDAR

JUNE 2021

Individual Parent Coaching Support Sessions

Many parents are noticing their children becoming increasingly more isolated, worried, and unhappy as they spend more time on screens and less time with peers. These feelings are expressed in many ways, ranging from withdrawal to aggression, and everything in between. Parents are being challenged to respond in new ways with children of all ages. We are offering up to 4 parent support sessions to offer guidance and parenting strategies for parents as you support your children and family, and of course, yourselves. Please register for individual sessions by contacting Elle Weisberg at: eweisberg@wjcs.com

COVID-19 Bereavement Group, Dates and Time TBD

In these uncertain times of physical distancing, grievers are feeling more alone and isolated than ever. Human connection and support are crucial to those who are grieving. If you have lost a loved one to COVID-19, WJCS is here to support you. We are currently taking registrations for our virtual support group. If interested, please contact Ellen Weisberg at: eweisberg@wjcs.com

Wednesdays June 2, June 9 and June 16

9:30-10:20 am

Breath-Body-Mind: For everyone who needs to take a break and a deep breath!

Research has shown that Breath-Body-Mind practices, developed by integrative physicians Drs. Richard P. Brown and Patricia Gerbarg are highly effective in reducing the impact of stress and anxiety, both of which are so prevalent at this time. Using a series of gentle, easy movements and coherent breathing practices, we will help restore much needed balance and calm to the body and the mind. Facilitated by Ruth Rosenbaum, LCSW and Brenda Haas, LCSW. Please register by contacting Ruth Rosenblum at: rrosenblum@wjcs.com

Tuesdays, June 8 and June 22

9:30 - 10:30 am

Feeling Connected During the Pandemic

Many individuals are faced with feelings of social isolation, loneliness, anxiety, and stress during these uncertain times. Please join us for a supportive discussion about stress management, anxiety reduction and finding ways to remain connected during the pandemic. Please register by contacting Jennifer Schmelkin at: jschmelkin@wjcs.com

Thursdays, June 10 and June 24

9:30 - 10:30 am

Parent Support Group

The pandemic has been extremely stressful for parents, whether their children are preschoolers or college students, or any age in between. Navigating the transition from in person learning to at home school and back again has been challenging for many students, in addition to the isolation and social emotional challenges that the pandemic has posed for young people. Parents are being called upon to help their children cope with these extraordinary times, while navigating their own work and personal lives as well. Please join us for an opportunity to share your experiences and gain insight and ideas with other parents in a supportive and informative group. If interested, please contact: Ellen Weisberg at: eweisberg@wjcs.com

Tuesday, June 15

9:30 - 10:30 am

Motherhood Support

Becoming a new mother is exciting but it can also be a stressful transition, particularly during the challenging times of the pandemic. Join us for a discussion about the transition to motherhood and meet other mothers to offer support and share ideas about the adjustment to taking care of a new baby. If interested, please contact: Jennifer Schmelkin at: jschmelkin@wjcs.com

Tuesday, June 22

12:00-1:00 pm

Finding Connection for Aging Adults

The challenging times of the COVID pandemic have left many older adults feeling isolated and alone. As many of us are feeling more comfortable to re-enter the world in a safe way, some are still feeling lonely and disconnected. Join other aging seniors for a supportive discussion about experiences with managing feelings of isolation during these challenging times and explore ways to incorporate coping strategies to manage stress. If interested, please contact: Jennifer Schmelkin at: jschmelkin@wjcs.com.

Monday, June 28

12:00 - 1:00 pm

Press Pause: Mindful Parenting and Caregiving Practices for Cultivating Family Resilience

Through these uncharted waters, as parents and caregivers we must find our own anchor so that we can best support our children and teens. We can support each other through these challenging times, and learn to cope with this moment, the “here and now.” Experience mindfulness practices that can nurture parenting with presence, build healthy coping skills, help us notice how to “press pause” and regulate our emotions. We will discuss mindful communication, prioritizing and modeling self-care, gratitude, and practicing loving-kindness and self-compassion.

Please register by contacting Brenda Haas, LMSW: bhaas@wjcs.com.