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JEWISH CHILD & FAMILY SERVICES

PROGRAMS - APRIL 2009

Navigating Through Troubled Economic Times

JCFS is offering a series of FREE workshops to help the community manage the stresses and challenges of the financial downturn.

Money Matters: What Makes Cents. Thursdays, 3/26 and 4/2, 7-8:30pm. Learn about your money personality, your emotional relationship with money; concerns about spending and establishing a budget to include some "fun" even though you have limited funds. JCFS, 5150 Golf Rd., Skokie. Contacts: Jennifer Hines, LCSW, 847-568-5220; Ronni Weinstein, LCSW, 847-568-5217. FREE workshop. This program is one of the Navigating Through Troubled Economic Times series of free workshops to help the community manage the stresses and challenges of the financial downturn. www.jcfs.org

Taking Control of Your Stress - Arlington Heights. Wednesday, 4/22, 7-8:30pm. JCFS, 1156 W. Shure Drive, Suite 180, Arlington Heights. Contact Rosalie Greenberger, LCSW, 224-625-2819. FREE workshop. This program is one of the Navigating Through Troubled Economic Times series of free workshops to help the community manage the stresses and challenges of the financial downturn. www.jcfs.org

Taking Control of Your Stress -- Chicago. Wednesday, 4/29, 7-8:30pm. FREE evening workshop, JCFS, 3033 W. Touhy, Chicago. Contact Robin Davis, MS, 773-761-4550. FREE workshop. This program is one of the Navigating Through Troubled Economic Times series of free workshops to help the community manage the stresses and challenges of the financial downturn. www.jcfs.org

Talking to Kids About Tough Times - Arlington Heights. Tuesday, 4/21, 7-8:30pm. JCFS, 1156 Shure Drive, Suite 180, Arlington Heights. Contact Rosalie Greenberger, LCSW, 224-625-2819. FREE workshop. This program is one of the Navigating Through Troubled Economic Times series of free workshops to help the community manage the stresses and challenges of the financial downturn. www.jcfs.org

Talking to Kids About Tough Times -- Chicago. Wednesday, 5/6, 7-8:30pm. JCFS, 3033 W. Touhy, Chicago. Contact Robin Davis, MS, 773-761-4550. FREE workshop. This program is one of the Navigating Through Troubled Economic Times series of free workshops to help the community manage the stresses and challenges of the financial downturn. www.jcfs.org

Managing Debt in an Uncertain Economy - Arlington Heights. Tuesday, 4/14, 7-8:30pm. With guest presenter Norm Kurtz, an attorney in private practice with over 30 years of experience, specializing in real estate, estate planning and family law. Workshop will include tips on managing debt, exploring options to bankruptcy or foreclosure, gathering resources for further assistance and thinking about barriers to making a realistic plan. JCFS, 1156 W Shure Dr, Suite 180, Arlington Heights. Contact Rosalie Greenberger, LCSW, 224-625-2819. FREE workshop. This program is one of the Navigating Through Troubled Economic Times series of free workshops to help the community manage the stresses and challenges of the financial downturn. www.jcfs.org

Managing Debt in an Uncertain Economy -- Skokie. Monday, 5/11, 7-8:30pm. With guest presenter Norm Kurtz, an attorney in private practice with over 30 years of experience, specializing in real estate, estate planning and family law. Workshop will include tips on managing debt, exploring options to bankruptcy or foreclosure, gathering resources for further assistance and thinking about barriers to making a realistic plan. JCFS, 5150 Golf Rd., Skokie. Contact Rosalie Greenberger, LCSW, 847-568-5200. FREE workshop. This program is one of the Navigating Through Troubled Economic Times series of free workshops to help the community manage the stresses and challenges of the financial downturn. www.jcfs.org

Avoiding Foreclosure: Finding Solutions for Concerned Homeowners - Chicago Workshop. Thursday, 4/30,

7-8:30pm. Speaker: Heather Hain, Associate Director, Rogers Park Community Development Corporation. JCFS, 3525 W. Peterson, 4th floor, Chicago. Avoiding Contact Sheri Fox, LCSW, 847-272-2882. FREE workshop. This program is one of the Navigating Through Troubled Economic Times series of free workshops to help the community manage the stresses and challenges of the financial downturn. www.jcfs.org

Avoiding Foreclosure: Finding Solutions for Concerned Homeowners - Northbrook Workshop. Thursday, 5/7, 7-8:30pm. Speaker: Jasmine Brewer, Interfaith Housing. JCFS, 255 Revere Drive, Northbrook. Avoiding Foreclosure is presented in partnership with Interfaith Housing. Contact Sheri Fox, LCSW, 847-272-2882. FREE workshop. This program is one of the Navigating Through Troubled Economic Times series of free workshops to help the community manage the stresses and challenges of the financial downturn. www.jcfs.org

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Bereavement Group for Widows and Widowers - Drop-In Group. Wednesdays, 3:00-4:30pm Ongoing weekly discussion/support group for men and women adjusting to the death of a spouse. Topics will include understanding and coping with grief, staying healthy, making decisions, and dealing with family and social relationships. \$7 per session fee. JCFS, 1156 W Shure Dr, Ste 180 , Arlington Heights (near Buffalo Grove). Contact Rosalie Greenberger, LCSW, 224-625-2819. www.jcfs.org

Parenting a Child with Special Needs: A Parent Support Group. Wednesdays, 4/22 to 6/3, 7-8:30pm. Parents of children with special needs often experience a roller coaster of emotions. Parents can support one another as they discuss the stresses and challenges involved in parenting children with special needs. Topics will include: the parent's grieving process; strategies for coping with multiple demands, roles, and stresses; and managing family and social relationships. \$105 series fee. JCFS, 1156 W. Shure Drive, Suite 180 , Arlington Heights (adjacent to Buffalo Grove). Contact Pamela Kaplan, LCSW, 224-625-2804. www.jcfs.org

PROJECT ESTHER: THE CHICAGO JEWISH ADOPTION NETWORK

Project Esther offers a range of groups and programs for Jewish adoptive and prospective adoptive families. Upcoming programs may include:

- Talking to Children about Adoption
- Transracial/Transcultural Adoption and the Jewish Family
- Parenting Your Tween and Young Teen
- Pre-Adoption Education Series
- Prospective Adoptive Parents Support/Discussion Group
- Single Adoptive Parents Support/Discussion Group
- Summer Picnic

For more information, please contact Marsha Raynes, LCSW, at 773-467-3747.

Glick Family Camp - Save the Dates: May 8-10; September 11-13.

Glick Family Camp is for children with developmental delays and/or disabilities and their families. Relax with your family and mingle with other families at JCYS, Camp Red Leaf in Ingleside , IL . Camp staff will lead children and adults in a variety of creative, stimulating and fun activities. JCFS clinical staff will facilitate sibling groups. Every family is assigned a JCFS worker for the weekend. The cost is \$110 per person. Financial assistance is available. Children under 3 are free. The fee includes 6 meals, snacks, lodging and activities. Contact Tamara Besser, LCSW, 773-467-3751.