

strengthening our community

JFCS provides a range of trainings and educational opportunities for diverse groups and organizations. Our professional educators and staff have expertise working with families, diverse organizations, camp counselors, school-aged children, teachers, and community members. Programming is available for secular and Jewish organizations. You can access our full range of offerings below. If you do not see what you are looking for, please reach out and tell us about your needs. We are excited to work with you and tailor programming to meet your unique needs.

PROFESSIONAL DEVELOPMENT AND TRAININGS

- Maintaining Professional Boundaries
- Identifying and Responding to Micro-Aggressions in the Workplace
- Bringing Service Learning and Community Engaged Teaching into the Classroom
- Building Inclusive Spaces at Work and Home
- Conflict Resolution: Improving Communication and Diffusing Conflict in the Workplace
- Self-care for Teachers, Counselors, Caregivers and other Professionals

PARENTING SERIES

Classes can be adapted for parents with children birth through teen years.

- The Oys and Joys of Technology: Creating a Family Media Plan for all Ages
- Standing up to Bullying and Helping Children Heal from Bullying
- The Juggling Act: Balancing Work, Family and Self
- Conflict Resolution in the Family: How to Inspire Fair Fighting
- How to Deal with Your Child's Tantrums and Meltdowns and Keep Your Sanity

MENTAL HEALTH AND WELL-BEING

- Mental Health 101: Exploring Common Mental Health Challenges and their Impacts
- Mindfulness for Wellbeing
- Healthy Aging Topics for Caregivers and Family Members
- How to Tell if Your Child Needs Therapy and What to do About It
- Teens and Mental Health Challenges: Depression and Beyond
- Dealing with Greif and Loss as Individuals, Families and Communities
- Support Services for Holocaust Survivors

TOPICS FOR INTERFAITH FAMILIES

- The December Dilemma: Successfully Navigating the December Holidays
- Raising Children or Grandchildren in an Interfaith Family
- One Couple, Two Faiths: Learn and Discuss How Two Faiths Impact a Relationship

SOCIAL MEDIA TOPICS

- The Oys and Joys of Technology: Creating a Family Media Plan for all Ages
- How to Spot and Manage Cyberbullying
- How Much is Too Much? Social Media, Internet Use and the Young Child
- Media Fatigue and Anxiety: Managing the Cycle

SENIOR SERVICES

- Dementia Friends
- Powerful Tools for Caregivers

LGBTQIA+ EQUALITY AND INCLUSION TOPICS

- Cultivating Positive Gender Dynamics for All Children
- Under an Inclusive Tallit: Understanding LGBTQIA+ Identity in a Jewish Context
- Under an Inclusive Tallit 102
- LGBTQIA+ Inclusion for Teachers and Educators
- Introduction to Judaism for the LGBTQIA+ Community
- LGBTQIA+ Inclusion for Teens and Young Adults
- Facilitated Conversations around Gender, Sexuality, & Access

Consultation, coaching and support services for organizations and families are also available. We are happy to tailor programming to meet the unique needs of your organization or family. For specific questions, please contact us.

Classes are taught by a variety of JFCS professionals including therapists, educators, and social workers.

For more information, please contact:

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♥ Here for all. *Always.*®