



> COUNSELING AND MENTAL HEALTH SERVICES

## Family Life Education

*engaged lives*

### **An Introduction to Family Life Education Programming**

JFCS has been serving the community with innovative, effective, and culturally- responsive educational programming and professional development trainings for more than 20 years. We have expertise in working with families, organizations and children throughout the lifespan with the goal of *Tikkun Olam*, repairing the world one person at time. Our highly-trained professional staff are available to serve the needs of your organization. Below you will see some of our current offerings. If you have a need that is not on this list, please reach out to me and we can discuss tailoring programming to meet your needs.

**Family Life Education:** Collaboration, Prevention and Education to promote individual, family and community well-being and empowerment throughout the lifespan.

### **Professional Development & Teacher Trainings**

- Maintaining Professional Boundaries
- Identifying and Responding to Micro-Aggressions in the Workplace
- Communication Strategies for Difficult Situations
- Building Inclusive Spaces at Work and Home
- Conflict Resolution: Improving Communication and Diffusing Conflict in the Workplace
- Introduction to Adverse Childhood Experiences (ACEs)
- The Principles of Harm Reduction
- Addiction as a Family Disease: How to Support a Loved One in Recovery

### **Parenting Series**

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

- Anti-Racism Parenting Series
- Supporting LGBTQ+ Families Parenting Series
- 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
- Cultivating Positive Gender Dynamics for All Children

- Positive Parenting Strategies for you School-Aged Child
- Talking to Children about Difficult Subjects

### **Mental Health and Well-Being**

- Mental Health 101: Exploring Common Mental Health Challenges and their Impacts
- Creating 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 Grief and Loss as Individuals, Families and Communities

### **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

I look forward to hearing from you. Please reach out with questions or to schedule a workshop.

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