



## Center for Children and Youth

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES

### Workshops for Our Jewish Community at Discounted Rates



We are pleased to offer a **50% discount** on parenting workshops for our Bay Area Jewish community! Get expert guidance from our team of child psychiatrists, psychologists, therapists, and parent coaches to help your family thrive.

#### Supporting Girls Who Are Struggling Socially

**Thu, Mar 6, 2025, 1:00 – 2:00 pm (PDT)**

"Girl drama" can start as early as 3 years old. But what if you have a daughter who experiences social challenges bigger and more frequently than the occasional snub by a friend? Parenting a child who suffers socially can be heartbreaking. In this workshop we will explore the causes of social struggles for girls, why some of these struggles can be hard to notice (even by teachers), and what parents can do to support our daughters.

**Register Here! for  
50% OFF**



#### How Parents Can Help Their Kids Cope with Anxiety

**Tue, Mar 11, 7:00 – 8:30 pm (PDT)**

This workshop will discuss how parents and guardians can help your child manage anxiety and when to seek professional guidance. Dr. Patel will describe the latest research underlying treatment options for anxiety disorders, including psychotherapy, lifestyle interventions such as exercise and sleep, and medication treatment.

**Register Here  
for 50% OFF**



Learn more at [ccy.jfcs.org/workshops](https://ccy.jfcs.org/workshops)

Questions? Please contact Mary Tiamzon-Lee at **650-688-3021** or [maryt@jfcs.org](mailto:maryt@jfcs.org).



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#### Teen Rebels: With or Without a Cause?

**Thu, Mar 13, 2025, 1:00 – 2:00 pm (PDT)**

Does the thought of your teen rebelling or taking a significant risk send fear into your heart? In this workshop, learn how to redirect your teen towards something positive and build their confidence as they gain the skills they need for adulthood.

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#### Stop Struggling and Arguing! Win Cooperation Instead—2 Sessions

**Tue, Mar 18 and 25, 7:00 pm – 8:30 (PDT)**

Are you feeling stuck, frustrated, or discouraged because of too much arguing, miscommunication, or disrespectful behavior in your home? In this workshop, you will learn the tried and true "Ally Parenting" approach based on Cynthia Klein's book to transform conflict into cooperation quickly.

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#### Parenting with Your Child's Brain in Mind

**Thu, Mar 20, 2025, 1:00 – 2:00 pm (PDT)**

Based on the bestselling book *The Whole-Brain Child* by Daniel J. Siegel, MD & Tina Payne Bryson, PhD, this workshop will explore 12 critical strategies for fostering healthy brain development, leading to calmer, happier children. We will also learn about what Dr. Siegel and Dr. Bryson refer to this as the "upstairs brain" and understand why children throw tantrums, fight, or sulk and how to minimize these behaviors.

**Register Here! for  
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#### Living with Your Highly Sensitive Child

**Thu, Mar 27, 1:00 – 2:00 pm (PDT)**

If your child experiences the world more intensely, gets overstimulated quickly, or has difficulty adjusting to new situations, it might be more than simply growing pains; you may have a susceptible child. Sensitive children can become our creatives, empaths, and leaders with acceptance and nurturing.

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