

# JFS Online



## Workshops:

### **SMART Recovery Workshop Series**

**Thursdays (May 14, 21, 28 and June 4) 10AM**

A 4-part workshop for family and friends supporting a loved one through addiction.

Contact Brittany: [bwilson@jfsdelaware.org](mailto:bwilson@jfsdelaware.org)

## Support Groups:

### **VSTEP (Virtual Support to Essential People)**

**Tuesdays 7AM • Thursdays 7PM**

A group for essential personnel including tips for self-care & managing anxiety.

Contact Becca: [rmcadams@jfsdelaware.org](mailto:rmcadams@jfsdelaware.org)

### **QuaranTEEN (for Teen Boys)**

**Wednesdays 5PM (until June 10th)**

A group for boys (ages 14-17) to talk about changes & stressors from COVID-19.

Contact Liz: [ehinton@jfsdelaware.org](mailto:ehinton@jfsdelaware.org)

### **Caring Group for Widows/Widowers**

**Every Second Thursday (Monthly) 4:30PM**

A group for widows and widowers to connect and discuss life after loss.

Contact Mariann: [mwolskee@jfsdelaware.org](mailto:mwolskee@jfsdelaware.org)

### **Teen Support Group (for ALL Teens)**

**Thursdays 6PM**

A support group for all teens ages 13-18, covering mental health topics and more.

Contact Brielle: [bhanafin@jfsdelaware.org](mailto:bhanafin@jfsdelaware.org)

### **ASK (Alphabet Soup Kids)**

**Saturdays 11AM**

A support & social group for LGBTQIA+ youth

Contact Sharon: [cztwins@hotmail.com](mailto:cztwins@hotmail.com)

## Webinars:

### **COMPASS Information Session**

**Tuesday May 19, 3:30PM • Saturday May 23, 10:30AM**

Caring for a loved one with dementia? Meet the COMPASS team to learn more about the program, caregiver stressors, and the resources available to you.

Contact Beverly: [bkurzahals@jfsdelaware.org](mailto:bkurzahals@jfsdelaware.org)