



Ruth & Norman Rales
Jewish Family Services

March 2024

Support Groups & Classes

THE COOPERMAN CENTER & DISABILITY INCLUSION SERVICES

Cooperman Center Therapeutic Program Calendar

Grandparent Support Group

Fridays, 10:30 a.m. - 11:45 a.m.

In person* Mar. 1st

Zoom: Mar. 15th

Passcode: 952283

Parent Caregiver Support Group (Daytime)

Tuesdays, 10 a.m.

Passcode: 745549

Parent Caregiver Support Group (Evening)

Wednesdays, 6:30 p.m.

Mar. 13th & 27th

Passcode: 658329



* The Cooperman Center and Disability Inclusion Services at 21100 Ruth & Baron Coleman Blvd., Boca Raton, FL 33428 (on Federation Campus)

SUPPORT GROUPS



Bereavement

Contact: BryanL@ralesjfs.org

or (561) 852-3357 for info.

Women Support Group

Fridays: 12 p.m.

Meeting ID: 817 2286 8563

Passcode: 633044

Call (561)852-3333 to register to attend

Caregiver Support

Mar. 5th, 2 p.m.

Mar. 19th, 1 p.m.

Contact: Howardh@ralesjfs.org

or (561) 852-6062 to register & obtain Zoom link.

Wednesdays, 10 a.m.

Thursdays, 11 a.m.

Fridays, 10 a.m.

In person

Mar. 8th, 10 a.m.

Mar. 28th, 11 a.m.

Contact: Alexch@ralesjfs.org

or (561) 558-2542 to register & obtain Zoom link.

* Caregiver Support Groups available both virtually & in person at the Weisman Delray Community Center.

TRIPLE P – POSITIVE PARENTING PROGRAM

Backed up by more than 35 years of ongoing research, the Triple P Program gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems from developing. Triple P is used in more 30 countries and has been shown to work across cultures, socioeconomic groups, and in many different kinds of family structures.

Raising Confident, Competent Children

Mar. 7th, 7:30 p.m.

Zoom



FOR SUPPORT GROUP
DETAILS, PLEASE CALL:

(561) 852-3333