

Support Groups & Classes

THE COOPERMAN CENTER & DISABILITY INCLUSION SERVICES |

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Cooperman Center Therapeutic Program Calendar

Grandparent Support Group

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

In person* April 5th

Zoom: April 19th

Passcode: 952283

Sibshop

April 7th - Open to all ages.

Register to receive the time for your assigned Group.

Parent Caregiver Support Group (Daytime)

Tuesdays, 10 a.m.

Passcode: 745549

Parent Caregiver Support Group (Evening)

Wednesdays, 6:30 p.m.

April 10th & 24th

Passcode: 658329



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

SUPPORT GROUPS | [CLICK ON YOUR SERVICE](#)



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

April 2nd, 2 p.m.

April 16th, 2 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
April 5th, 10 a.m.
April 11th, 11 a.m.
April 19th, 10 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.

CLASSES | [CLICK ON YOUR SERVICE](#)

Triple P - Raising Confident, Competent Children

April 5th, 7:30 p.m. | Zoom

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.

Mental Health First Aid

April 10th, 10 a.m. | Zoom | Email BryanL@ralesjfs.com to register.

Someone you know could be experiencing a mental illness or crisis. You can help them. First Aiders will complete a 2-hour, self-paced online class, and then participate in a live, instructor-led video conference.



FOR SUPPORT GROUP
DETAILS, PLEASE CALL:

(561) 852-3333