Ruth & Norman Rales Jewish Family Services

November

Support Groups & Classes

Toby & Leon Cooperman Center for Families & Children

DISABILITY INCLUSION SERVICES > Click on Your Service

Grandparent Support Group
November 6 and 20
10:30 a.m. - 11:45 a.m.
Passcode: 952283

Sibshops:
November 15

Parent Caregiver Support Group (Daytime)
Tuesdays, 10:15 a.m. Passcode: 745549

Parent Caregiver Support Group (Evening)
Noveber 11 and 25 at 6:30 p.m.
Passcode: 658329

Disability Inclusion Services • 21100 Ruth & Baron Coleman Blvd.
Boca Raton, FL 33428 (on Federation Campus)
For more information, contact Tzippi at (561) 852-3112



TOBY AND LEON COOPERMAN THERAPY & FAMILY RESOURCE CENTER

*All therapeutic groups are led by licensed therapists.

Social Skills Group
Learn and practice social / emotional awareness skills with fun games, therapeutic activities and play!

Toby and Leon Cooperman Therapy & Family Resource Center •
21100 Ruth & Baron Coleman Blvd., Boca Raton, FL 33428

SUNDAYS:
Ages 2 - 4: 10:30 a.m. - 11:30 a.m.
Ages 5 - 8: 9:00 a.m. - 10:15 a.m.

Contact Cooperman Center for more information at (561) 852-5099
Social Skills Group: $25 Group Trial Rate. Call for discounted series rate!

SUPPORT GROUPS > Click on Your Service

Women's Resilience & Wellness Group*
Join us for a supportive space for women to connect & recharge. We'll explore ways to manage stress & practice healthy coping skills.

Thursdays from 6:30-7:30 p.m.
Contact: (561) 852-3333 for more information & to register.
Registration is requried.

NEW

Caregiver Resources and Respite Program
Contact: (561) 852-3333 to register for Zoom meetings on:
Wednesdays, 10:00 a.m.
Thursdays, 11:00 a.m.

In person:
November 5 at 12:00 p.m.
November 13 & 20 at 11:00 a.m.
at Shirley & Barton Weisman Delray Community Center
7091 W. Atlantic Ave.
Delray Beach FL, 33446

Spouse/Partner Loss Bereavement Group*
Mondays
Contact: (561) 852-3333 for more information & to register.
Registration is requried.

Senior Silver Pride Support Group
November 6 and 20 at 1:00 p.m.
at Shirley & Barton Weisman Delray Community Center
7091 W. Atlantic Ave.
Delray Beach FL, 33446



Breast & Ovarian Cancer Support Group
Nov. 3, at 3:30 p.m. Virtual.
Contact: AndreaP@ralesjfs.org for more information.

Spouse Loss Group
Mondays at Temple Beth El Boca Raton, 10:00 and 11:15 a.m.
Contact: AndreaP@ralesjfs.org or (561) 852-3151 for more information.

***Hosted at Ruth & Norman Rales Jewish Family Services**
21300 Ruth & Baron Coleman Blvd, Boca Raton, FL 33428

Partner Agency of Jewish Federation of South Palm Beach County