



For the best in child, family and aging services...**Think JSSA**

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FOR IMMEDIATE RELEASE

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JSSA Announces Winter/Spring 2010 Northern Virginia Growth and Learning Programs

Children and Teen Workshops

JSSA—Just Chill: Cognitive Behavior Therapy Group

This seventeen-session group is for children ages 9-11 to learn basic CBT strategies for anxiety management in a fun, group environment. Group meets on Mondays, February 8-June 21; 5:00-5:50 p.m. at JSSA, 3018 Javier Road, Fairfax. Please call 703-204-9100 to register.

NEW!!! JSSA—Going Places! A Social Club for Teens with Asperger's Syndrome

JSSA and the Jewish Community Center of Northern Virginia (JCCNV) present a new social club for teens between 14-17 diagnosed with Asperger's syndrome and related disorders. Group activities are geared towards getting to know each other and building essential social skills. A variety of monthly outings will be offered. The first event will take place on January 3. Call 703-537-3040 to register by December 31. For a schedule of events, costs and more information, please call 703-204-9100.

Family and Parenting Programs

JSSA—Parent Support Group for Young Adults Across the Autism Spectrum

This ongoing monthly support group will discuss participants' interests and concerns including: identifying community resources, building a support network and balancing one's own needs with that of your adult son or daughter. Group meets on Wednesdays, January 27, February 24, March 24, April 28; 7:00-8:30 p.m. at JSSA, 3018 Javier Road, Fairfax. Please call 703-204-9100 to register.

NEW!!! JSSA—Understanding and Navigating the Special Education System

This 10-session group focuses on the special education process and provides direct instruction, explanation and support. Participants will develop active skill building techniques, problem-solving strategies, negotiation and navigation skills. Group meets on Wednesdays, February 18-April 28; 7:00-8:30 p.m. at JSSA, 3018 Javier Road, Fairfax. Please call 703-896-7915 to register.

Adults and Seniors

JSSA—Employment and Career Services: Job Search Boot Camp

A jam packed, action oriented, 2-day training program for those serious about finding a job now. Learn how to search for jobs in today's marketplace, write a powerful resume, network effectively and interview with confidence.

- **Unearth** the hidden job market
- **Organize** your job search
- **Write** an outstanding resume
- **Create** effective personal branding

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- **Make** the most of networking
- **Ace** job interviews

2-Day Intensive Boot Camp Program: Dates and Times: January 20-21, February 16-17, March 18-19; 9:00 a.m.-4:00 p.m.

Registration: Call 301-610-8380 or email: careerinfo@jssa.org. Program offered at 200 Wood Hill Road, Rockville.

JSSA—Employment and Career Services Job Search Club

Our ongoing Job Search Club can give you what you need:

Learn Why Networking is Vital – and exactly how to do it!

Tell About Your Experiences – members help each other learn from successes and challenges.

Update Your Action Plan Every Week – keeping up momentum is critical.

Get Expert Guidance From a Professional Career Coach.

Registration for series of 5 consecutive sessions: Call 301-610-8380 or email: careerinfo@jssa.org

Program offered on an ongoing basis every Wednesday from 12 noon-1:00 p.m. at JSSA, 200 Wood Hill Road, Rockville. Participants can join at any time.

NEW!!! JSSA—Starting Over..A Support Group for Separated and Divorced Women

An interactive 8-session group for women going through separation now, or who have been divorced within the last two years. The group offers an opportunity for mutual support and sharing around the emotional and practical challenges of this often painful and disruptive time. Group meets on Thursday evenings, February-April; dates and times TBA, at JSSA, 3018 Javier Road, Fairfax. Pre-registration required: 703-896-7908.

NEW!!! JSSA—Cool, Calm and Connected: Young Adult Social Skills

This group is designed for young men and women ages 19-30 who may have PDD, Asperger's or related challenges, and need support in developing and maintaining positive social interactions. Participants learn and practice skills for making friends, initiating conversation, making decisions, expressing feelings, understanding nonverbal cues and managing disappointment. Group meets on Tuesdays, February 2-May 11; 7:00-7:50 p.m. at JSSA, 3018 Javier Road, Fairfax. Please call 703-896-7912 to register.

NEW!!! JSSA—Asperger's Partners and Spouses Support Group

Discuss relationship challenges and concerns including being in a relationship with a partner on the autism spectrum, identifying resources, building a support network, and balancing one's own needs with those of your partner/spouse. Group meets on Tuesdays, February 16, March 16, April 13, May 18; 6:00-7:00 p.m. at JSSA, 3018 Javier Road, Fairfax. Please call 703-896-7914 to register.

NEW!!! JSSA—Going Places! A Social Club for Adults 30+ with Asperger's Syndrome

JSSA and the JCCNV present a new social club for adults 30+ diagnosed with Asperger's syndrome and related disorders. The club provides a variety of monthly social opportunities in a structured and supportive environment. The first event will take place on Sunday, January 31; 2:00-4:00 p.m. at the JCCNV, 8900 Little River Tpk., Fairfax, VA. For a schedule of events, costs and more information, please call 703-896-7914.

JSSA—Going Places! A Social Club for Young Adults with Asperger's Syndrome

JSSA and the Jewish Community Center of Northern Virginia (JCCNV) present a social club for young adults diagnosed with Asperger's syndrome or related disorders. This club provides social opportunities in a structured and supportive environment with guidance from professionally trained staff who work with participants on improving social skills and overall comfort in social situations. A variety of monthly outings (including parties, bowling, dinners, miniature golf and museum tours) will be scheduled. The next event will take place on January 3. For a schedule of events, costs and more information, please call 703-204-9100.

JSSA—Moving Up and Out: Life and Job Readiness Skills for young Adults with Asperger's Syndrome

This ten-session workshop is for men and women ages 19-30 who would like to build their life skills to promote independence, including: budgeting and money management, personal hygiene and cooking. Participants will learn the basics of finding and keeping a job including time management skills, telephone etiquette, interviewing, appropriate workplace behavior and communication skills. Group meets on Wednesdays, February 4-April 22, 6:00-7:30 p.m. at JSSA, 3018 Javier Road, Fairfax. Please call 703-204-9100 to register.

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JSSA—You and Your Aging Parents

Explore the aging process and share experiences as a caregiver in this support group for adult children of aging parents. Discussion topics are chosen based on the needs of the group and can include: coping with illness, balancing multiple demands, managing difficult emotions, identifying appropriate resources to support your aging parent and developing a care plan. Group meets on the second Thursday of every month; 7:00-8:30 p.m., at JSSA, 3018 Javier Road, Fairfax. Please call 703-896-7910 to register.

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About JSSA

JSSA has been helping people across the Washington metropolitan area meet emotional, social, and physical challenges for more than 115 years. A nonsectarian provider, we serve people of all religious backgrounds, races and ethnicities, helping the youngest child to the most fragile senior, from individuals to entire families. JSSA provides services and support to more than 25,000 individuals a year through our wide range of counseling, educational, employment, in-home support, hospice and nursing care, and social services.

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