



Jewish Family and Children's Service of Minnesota

> EDUCATION & LEARNING

Professional and Community Education



engaged lives

♥ An Introduction to Professional and Community Education

JFCS has been serving the community with innovative, effective, and culturally- responsive educational programming and professional development trainings for more than 20 years. We have expertise in working with families, organizations and children throughout the lifespan with the goal of Tikkun Olam, repairing the world one person at time. Our highly-trained professional staff are available to serve the needs of your organization. Below you will see some of our current offerings. If you have a need that is not on this list, please reach out to me and we can discuss tailoring programming to meet your needs.

Professional and Community Education (PCE) takes JFCS out into the community and brings the community into JFCS through presentations, trainings, workshops, classes, support groups, individual meetings and consultations. The foundations of PCE are collaboration, prevention and education with the goal of promoting individual, family and community well-being and empowerment throughout the lifespan.

PROFESSIONAL DEVELOPMENT & TEACHER TRAININGS

- Maintaining Professional Boundaries
- Identifying and Responding to Micro-Aggressions in the Workplace
- Communication Strategies for Difficult Situations
- Conflict Resolution: Improving Communication and Diffusing Conflict in the Workplace
- Introduction to Adverse Childhood Experiences (ACEs)
- The Principles of Harm Reduction
- Addiction as a Family Disease: How to Support a Loved One in Recovery

PARENTING SERIES

- Anti-Racism Parenting Series
- Supporting LGBTQ+ Families Parenting Series
- Creating a Family Media Plan for all Ages
- Standing up to Bullying and Helping Children Heal from Bullying
- The Juggling Act: Balancing Work, Family and Self
- Conflict Resolution in the Family: How to Inspire Fair Fighting
- How to Deal with Your Child's Tantrums and Meltdowns and Keep Your Sanity
- Cultivating Positive Gender Dynamics for All Children
- Talking to Children about Difficult Subjects

MENTAL HEALTH AND WELL-BEING

- Mental Health 101: Exploring Common Mental Health Challenges and their Impacts
- Creating Mindfulness for Wellbeing
- Healthy Aging Topics for Caregivers and Family Members
- How to Tell if Your Child Needs Therapy and What to do About It
- Teens and Mental Health Challenges: Depression and Beyond
- Dealing with Grief and Loss as Individuals, Families and Communities

TOPICS FOR INTERFAITH FAMILIES

- The December Dilemma: Successfully Navigating the December Holidays
- Raising Children or Grandchildren in an Interfaith Family
- One Couple: Two Faiths: Learn and Discuss How Two Faiths Impact a Relationship

OUR MISSION

Jewish Family and Children's Service of Minnesota provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering, and offer support in times of need.

OUR VALUES

Based on the Jewish concept of *tikkun olam* (repairing the world), Jewish Family and Children's Service of Minnesota believes everyone is entitled to equal economic, political and social rights and opportunities. As a human service organization, we value:

- > Compassion
- > Inclusion
- > Innovation
- > Integrity
- > Collaboration

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♥ Here for all. *Always.*®

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