

Welcome to Jewish Family and Child Service

A multi-service agency that strengthens and supports individuals, children, families and communities by increasing safety and security, improving mental health and wellness and reducing the effects of poverty, within the context of Jewish values.

Since 1868, Jewish Family and Child Service has served the emotional, social and physical needs of those who need us most. We respond and reach out to our growing and diverse community with integrated programs and services for children, adults and families. For help in addressing life's challenges, look to JF&CS, every step of the way.

JF&CS welcomes people of all cultural, religious and/or racial backgrounds. While we remain firmly rooted in the traditions and experiences of the Jewish people, many of our services are open to the general community.

Inquiries and counselling are held in confidence.

To find out more or to register for our Groups & Workshops, please call 416-638-7800 x 6234 for Family Life Education or 416-638-7800 x 6234 for The Changing Family or visit jfundcs.com/groups

Jewish Family and Child Service

Central Office and Intake

4600 Bathurst Street | 1st Floor
Toronto, Ontario M2R 3V3
T: 416-638-7800 F: 416-638-7943

Gordon S. Wolfe Branch

365 Bloor Street East, Suite #1904
Toronto, Ontario M4W 3L4
T: 416-961-9344 F: 416-961-9351

York Region Branch | 1 Open Door

9600 Bathurst Street | Suite 242
Vaughan, Ontario L6A 3Z8
T: 905-303-5838 F: 905-303-5892

Jerome D. Diamond Adolescent Centre

196 Keewatin Avenue
Toronto, Ontario M4P 1Z8
T: 416-482-3023 F: 416-482-3014

www.jfundcs.com

info@jfundcs.com | facebook.com/jfundcs

JF&CS strives for inclusivity in all its programs, serving community members of any income, family structure, ability, sexual orientation, gender identity, religious affiliation, level of observance, race, ethnicity, cultural identity and place of origin.



UJA FEDERATION
of Greater Toronto



Ontario



United Way
Greater Toronto



ועידת התביעות
Claims Conference
The Conference on Jewish Material
Claims Against Germany
www.claimscon.org



JF&CS
JEWISH FAMILY AND CHILD
SERVICE OF GREATER TORONTO

GROUPS & WORKSHOPS

jfundcs.com/groups

Life in the 21st century can be challenging.

Most of us need help or support at one time or another.

Jewish Family and Child Service offers a broad range of groups and workshops that address a wide variety of real-life situations.

Our single-session workshops and multi-session group programs are designed to help you develop practical solutions to many of life's challenges. All programs are conducted by professional facilitators.

We welcome all people, regardless of socio-economic, cultural and/or religious background.

Fee reductions are available based on ability to pay.

JF&CS is a Health Information Custodian (HIC) under the Personal Health Information Protection Act, 2004 (PHIPA) for many of its programs. JF&CS is committed to protecting individual privacy, and to maintaining the confidentiality of all personal health information (PHI).

FAMILY LIFE EDUCATION

PARENTING

Parenting is a challenging job, whether alone or with a spouse/partner. Our parenting groups address a wide range of useful topics from setting limits and encouraging communication to raising a child with an attention deficit to talking to your teenager about drugs and alcohol.

LIFE SKILLS

From marriage preparation for engaged couples to women learning to manage their anger, JF&CS offers a number of informative and helpful groups and workshops that address some of life's most important challenges.

HEALTH & WELLNESS

JF&CS offers groups and workshops that focus on mindfulness, meditation, stress and anxiety reduction, self-worth and self-esteem, and even general relaxation and happiness.

BEREAVEMENT

JF&CS offers several bereavement groups during which participants will have the opportunity to share their experiences with others who may have similar feelings and issues. Various topics are covered including coping with grief, living with loneliness and finding new beginnings.

THE CHANGING FAMILY

SEPARATION

There can be a great deal of stress, frustration and misunderstanding when married couples make the decision to separate. Talking to your children, fostering better communication and minimizing conflict are just some of the issues that are addressed in our Changing Family groups and workshops.

DIVORCE

JF&CS offers a number of groups to help families in the process of divorce. Our 1 Family 2 Homes group has proven extremely effective for both parents and their children as they adjust to this life transition.

POST DIVORCE

For those looking to manage their lives positively after their divorce, JF&CS offers groups that help advance successful co-parenting and step-parenting relationships. We also strive to provide the tools and strategies needed to move forward independently and to help you identify your personal hopes and goals.

For detailed information and to register, please visit us at jfindcs.com/groups