



Press Release

FOR IMMEDIATE RELEASE

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“COPING WITH OUR NEW REALITY: PARENT EDITION” ADDED TO FREE VIRTUAL SUPPORT GROUPS OFFERED BY FERD & GLADYS ALPERT JEWISH FAMILY SERVICE

WEST PALM BEACH, FL – April 28, 2020 – Community members raising children are invited to join “Coping With Our New Reality: Parent Edition,” a weekly drop-in virtual discussion group, on Mondays at 8:00 p.m., beginning May 4, 2020.

Facilitated by Licensed Psychologist Iris Kiner, Psy.D. and Counselor Sara Helfrich, LMHC, parents who are learning how to navigate living, working, and teaching from home, can talk with others who are having similar experiences, and learn how to identify coping skills and connect if feeling “socially disconnected.”

“Parents from all over our community connecting with each other can do a world of good during COVID-19,” said Kiner. “With school officially closed for the remainder of the term, it’s important to address and acknowledge the ‘tug’ so many are feeling with the physical merging of personal and professional lives.”

Registration is required for access to the support session; visit www.alpertjfs.org/events/parents/ or call 561-684-1991 for more information.

Other virtual group sessions offered during COVID-19 by the Agency are: “Coping With Our New Reality: Social Distancing Without Isolation,” on Mondays at 6:00 p.m.; a Domestic Abuse Support Group on Thursdays from 9:00-10:00 a.m.; two Family Survivors of Suicide groups, the first and third Wednesdays of the month for Lake Worth-area residents, and the second and fourth Tuesdays each month, for residents of the West Palm Beach area, both from 5:00-6:30 p.m.; and a Jewish Family Addiction Support Group on Fridays from 12:00-1:30 p.m. Visit www.AlpertJFS.org/events or call [561-684-1991](tel:561-684-1991) to learn more.

Established in 1974, Ferd & Gladys Alpert Jewish Family Service is a nationally accredited service provider for children, adults, seniors, and Holocaust survivors. The non-profit, non-sectarian organization is a trusted leader, with a team of 200 highly skilled professionals delivering high-quality care to community members. Alpert JFS works to ensure the well-being of children and families, independence of older adults and quality-of-life for individuals with disabilities. For more information, visit www.AlpertJFS.org or phone 561-684-1991.

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