



**Press Release - FOR IMMEDIATE RELEASE**

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**FREE VIRTUAL WORKSHOP ON RELATIONSHIPS, BOUNDARIES AND SAFETY FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES FROM THE MELVIN J. & CLAIRE LEVINE LIFEPLANNING® PROGRAM AT ALPERT JFS**

**WEST PALM BEACH, FL – May 5, 2021** – Ferd & Gladys Alpert Jewish Family Service (Alpert JFS) invites parents, siblings and caregivers of someone with a developmental disability to attend “Relationships, Boundaries and Online Safety,” a free virtual workshop from the Melvin J. & Claire Levine LifePlanning® program on June 9, 2021 at 2:00 p.m.

Jacqueline Wood, M.S., Ed., Clinical Support Specialist at Florida Atlantic University Center for Autism and Related Disabilities, (FAU CARD) will be the featured speaker. Topics to be covered include understanding different types of relationships, the importance of good hygiene, online safety regarding dating and social media, and supporting successful and safe relationships.

“It’s important for adults of all ages with a developmental disability to have someone they trust provide guidance and support to help them make educated decisions about managing the different types of relationships and, especially in this day and age, how to safely go online,” said LifePlanning Director Tami Lustig, MSW. “This workshop is geared to both caregivers and individuals, and may help lead to continued comfortable conversations on these important topics in the future.”

“Many young adults yearn to have meaningful relationships in their lives,” said Ms. Wood. “This is no different for adults with disabilities; however, for this population, understanding and managing social relationships can be extremely challenging. It’s crucial that we proactively teach essential facts and concepts, and make this confusing topic a bit more concrete, so that they are able to safely make choices and navigate relationships with the support of their families and loved ones.”

To register for the workshop, visit [alpertsjfs.org/lifeplanning/](http://alpertsjfs.org/lifeplanning/) by Monday, June 7, 2021. To request reasonable accommodations for a disability, phone Lustig at 561-713-1917 or email [Tami.Lustig@AlpertJFS.org](mailto:Tami.Lustig@AlpertJFS.org) at least five [5] business days prior to the Zoom session. She is also available to answer questions and provide additional information.

A number of relevant workshops with diverse subjects are held annually. Earlier this year, participants enjoyed learning about government benefits, assistive technology tools, the importance of legal planning, and The ABLE Account and Special Needs Trusts. Upcoming workshops include “Medicaid Waiver & iBudgets,” and “Being the Best Advocate for you and Your Family.” Additional topics under consideration include “Home and Community-based Services,” “Education; Secondary Transition Services and Post-High School Options,” “Caring for the Caregiver,” and “Recreation, Socialization and Independence Skills.”

The Melvin J. & Claire Levine LifePlanning® program offers education, advocacy, confidential consultation, and emotional support to people of all faiths and ethnicities who are caring for a loved one with a disability. Free workshops encourage and assist with planning for the future, providing information on education, recreation, building independence skills and vocational opportunities.

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## Relationships, Boundaries and Online Safety

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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 nearly 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 [AlpertJFS.org](http://AlpertJFS.org) or phone 561-684-1991.

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