

JFCS is here to assist you with staff training, community building, parent education, program development and evaluation, and other educational needs. A wide variety of programming is available for parents, families, teachers, and staff. If you are interested in learning more about these or other JFCS services, please contact Leah Persky, Family Life Education Program Manager, at 952-542-4825 or [lpersky@jfcsmpls.org](mailto:lpersky@jfcsmpls.org).

## PROFESSIONAL STAFF & TEACHER TRAININGS

*These can be adapted for teachers of any grade level.*

- > Maintaining Professional Boundaries
- > Identifying and Responding to Micro-Aggressions in the Workplace
- > Bringing Service Learning and Community Engaged Teaching into the Classroom
- > Building Inclusive Spaces at Work and Home
- > Conflict Resolution: Improving Communication and Diffusing Conflict in the Workplace

## PARENTING SERIES

*These can be adapted for parents with children ages birth through teen years.*

- > The Oys and Joys of Technology: 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

## 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
- > Raising Children or Grandchildren in an Interfaith Family
- > One Couple: Two Faiths: Learn and Discuss How Two Faiths Impact a Relationship