



# “Whine” and Cheese

November 8, 2018

5:30 PM – 7:00 PM

**OUR COMMUNITY RESPONDS...**  
In light of the current climate and recent tragic events, we are adding a break-out session to this program that addresses antisemitism and the fear and anxiety it evokes in all of us. What do we tell our children? How do we manage our fear? How can I turn my anxiety into action and make a positive impact?

We hope you will join us for this informative and interactive evening. The program is free to anyone who wishes to join us.

**REGISTER AT:**  
[www.shamesjcc.org/stress](http://www.shamesjcc.org/stress)

In this interactive evening, stress takes a back seat as we learn how to deal with the problems that cause it. Is it our fast-paced society? Our embarrassment to reach out for help? Or simply our own set of unique problems.... Presented through a Jewish lens, this program, led by Jennifer Spitz LCSW, is designed to reach out and start a supportive dialogue.

## **Breakout sessions led by WJCS clinicians and Rabbi Ben Newman of the JCC will include:**

- Infertility and Pregnancy Loss
- Substance Abuse in our Families and the Community
- The Sandwich Generation: Caring for our children and our parents
- Mental Health and Wellness through a Spiritual Lens
- The Doctor is In! Any other issues that YOU want to discuss

Jennifer Spitz, LCSW, has been a social worker for almost 30 years. She is currently a faculty mentor at the State University of New York Empire State College and an adjunct lecturer and doctoral student at New York University Silver School of Social Work. She also has a private practice in Northern Westchester working with individuals, couples, and families struggling with issues such as addiction, mental illness, interpersonal conflict and communication. Jennifer approaches her work with three assumptions: people do what works, people do the best they can, and, small change leads to big change.

RSVP at [www.shamesjcc.org/stress](http://www.shamesjcc.org/stress) or by calling (914) 366-7898

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