FREE !

Jewish Single Parents Support Group

at Parents Place, Jewish Family and Children's Services on the Peninsula

The JFCS Single Parents Support Group—a program of Parents Place— is there for you. Open to single mothers and fathers seeking support during— and after—their separations or divorces.

Wednesday, June 7, 2017
7:00pm - 8:30pm

There is NO charge to participate in the group for parents, but pre-registration is required.

The theme for tonight's group is Self-Care. Come and participate in some guided mindfulness/relaxation activities and enjoy some spa type treatments made from natural ingredients and nourishing foods. As parents, it is so important that we have regular opportunities to take care of ourselves!

We will celebrate Jewish holidays together, but we welcome participants of all faith traditions and cultural backgrounds.

JFCS San Mateo
Eleanor Haas Koshland Center
2001 Winward Way, Suite 200, San Mateo 94404

Refreshments will be provided. Childcare provided ($10 for one child, $5 for each additional sibling). The group is ***free.***

To receive more information and/or sign up for Child Care, call 650-931-1801. To register online CLICK HERE!

parentsplace
Where parents find answers and children blossom

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www.parentsplaceonline.org