

Title: Mindful Media- Navigating Social Media

Date/Time: Mondays 5:00 pm – 6:00 pm

Session Dates: June 2nd, June 16th, July 7th, and July 21st

Location: Taft Community Center, 300 Hamilton Avenue White Plains, NY 10603

Instructor: Danielle Cartwright

Description: Social Media has transformed the way we connect and engage with others. Information, news and entertainment are at our fingertips like never before. Social media can also be confusing to navigate without the right “tools.” The instructor will help participants learn the Do’s and Don’ts to become social media smart by identifying:

- How to keep personal information private
- Spot scams
- Stay safe from cyberbullying
- Learn the importance of creating healthy online habits.

Cost: \$400

Advance Registration Required

Contact: Swallach@wjcs.com



Karaoke

Day/ Time: Monday 5:30 -7:00 pm

Session Dates: July 14th, August 4th, August 18th, and September 15th

Location: Taft Community Center, 300 Hamilton Avenue White Plains, NY 10601

Instructor: Wannah Robert

Description: Singing has been found to boost self-esteem, relieve stress, improve cognitive health, and encourage connections. Join us for karaoke to sing a song of your choice, express yourself and have fun with friends!

The instructor helps individuals as needed with song choice, communication skills, following instructions, turn taking and provide redirection and/or positive reinforcement when needed. Participants can build confidence and self esteem by participating in the activity.

Cost: \$120

Advance Registration Required

Contact: Swallach@wjcs.com



Diamond Painting

Date/Time: Monday 4:00 pm – 5:00 pm

Session Dates: July 7th – September 15th (No session August 11th and Sept 1st)

Location: Taft Community Center, 300 Hamilton Avenue White Plains, NY 10601

Instructor: Amy Thomas

Description: Create a sparkling masterpiece! Diamond Painting uses a paint by number technique, using an applicator to apply hundreds of multi colored rhinestones onto a canvas. For beginners and experienced crafters alike, diamond painting provides an opportunity to escape every day stressors, express your creativity, and socialize with peers, while making an impressive work of art.

The Diamond Painting class has an instructor that teaches individuals how to complete the projects, utilizing their fine motor skills, following multi step instructions, and building their communication and social skills.

Cost: \$450

Advance Registration Required

Contact: Swallach@wjcs.com





Westchester Jewish Community Services

Westchester Jewish Community Services (WJCS) is a comprehensive human services organization that helps people of all ages and backgrounds overcome emotional, social, educational, vocational, disability, and spiritual challenges so they can lead lives with strength, resilience, and confidence. Founded in 1943, WJCS has grown to be the largest provider of licensed outpatient community mental health services and one of the largest human service agencies in Westchester County. We provide state-of-the-art programs and services and compassionate care to more than 20,000 people of all ages and backgrounds throughout Westchester.

We ensure that Westchester residents of all ages and backgrounds get the help they need providing support for:

- Mental Health & Substance Use
- Trauma
- Children, Youth & Families
- Victim Services
- Center Lane for LGBTQIA+ Youth
- Disabilities & Autism
- Senior Care & Caregiver Support
- Jewish Programs
- Health & Healing Support Services
- Family Service Society of Yonkers (FSSY)

For more information visit our website at <https://www.wjcs.com/>