

## **Love on the Spectrum - Discussion Group**

Day/ Time: Tuesdays 4:30-5:30 PM

Session Dates: Tuesday April 7<sup>th</sup>, April 21<sup>st</sup>, May 5<sup>th</sup>, May 26<sup>th</sup>, June 9<sup>th</sup> and June 23<sup>rd</sup>

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: \$180

[More Information](#)

*Advance Registration Required*

Contact: [Swallach@wjcs.com](mailto:Swallach@wjcs.com)



***Cancellation and Makeups*** – *To the best of our ability we will try to make up any classes cancelled due to unforeseen circumstances but make up classes are not guaranteed.*

## Karaoke

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

Session Dates: April 6<sup>th</sup>, April 20<sup>th</sup>, May 11<sup>th</sup>, June 8<sup>th</sup> and June 29<sup>th</sup>

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: \$150

*Advance Registration Required*

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## Diamond Painting

Date/Time: Monday 4:00 pm – 5:00 pm

Session Dates: April 6<sup>th</sup> – June 29<sup>th</sup> (*No Class Memorial Day - May 25<sup>th</sup>*)

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: \$600

*Advance Registration Required*

Contact: [Swallach@wjcs.com](mailto:Swallach@wjcs.com)



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## **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/>