



For Immediate Release

PRESS RELEASE: JEWISH FAMILY SERVICE OF WESTERN MASSACHUSETTS

Contact: Elaine M. Shepard, Director of Marketing and Development
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(413) 737-2601 – www.jfswm.org

Programs for Parents of Highly Sensitive Children

Springfield - Two new parenting programs are offered by Jewish Family Service of Western Massachusetts.

Are you raising a highly sensitive child? JFSWM and the Springfield Jewish Community Center co-sponsor ***Too Loud, Too Tight, Too Bright*** . . . a free lecture about raising highly sensitive children on Thursday, May 8, 2008, at 7-8:30 p.m. at the Springfield Jewish Community Center, 1160 Dickinson Street, Springfield, Mass. The lecture is free and open to the public, however, reservations are recommended. Please call Joanna at Jewish Family Service (413) 737-2601. Guest speaker Julie B. Rosenshein will offer parents useful advice:

- Learn about Highly Sensitive Children and ADHD
- Help your child manage mood swings and tantrums
- Bring balance back to your family life

"We recently held this lecture in Northampton and were amazed at the response – the reservations filled before we could publicize the program. As a result of the lecture, we facilitated an eight-week support group for parents," stated Rosalind Torrey, MPH, Program Director at JFSWM.

Challenging Behaviors, Melt Downs and Power Struggles, a free lecture offering tips and tools for parents on Thursday, May 22, 2008, at 7-8:0 p.m. at Temple Israel, 27 Pierce Street, Greenfield, Mass. This program is co-sponsored by JFSWM and Temple Israel. Reservations are not necessary, but for more information, please call Rosalind Torrey at (413) 582-6790. Ms. Rosenshein discusses:

- Learning how to manage challenging behaviors at home or school.
- Discovering the best ways to set boundaries and limits with your children.
- Bringing balance and fun back to your Jewish family life.

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Hampden County Main Office: 15 Lenox Street, Springfield, MA 01108, (413) 737-2601, Fax (413) 737-0323

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Julie B. Rosenshein, LICSW is a nationally known lecturer and therapist, specializing in treating Highly Sensitive Children and their families. Her workshops are filled with down to earth practical solutions that parents and teachers can use easily. Ms. Rosenshein's work has been featured on CNN, Boston ABC Chronicles and A & E Network. She is the author of *The Highly Sensitive Kids Guide* and will be available to sign copies of her book after the lecture.

JFSWM is a beneficiary agency of the Jewish Federation of Western Massachusetts, and is pleased to offer programs and services to ensure the well being of a vibrant Jewish community, as part of the Federation's mission. For more information about JFS, please visit our website, www.jfswm.org.

Jewish Family Service of Western Massachusetts serves all faiths, providing Licensed Adoption, Family Life Education, Older Adult Services, Refugee Services and Counseling. The JFSWM mission is to "repair the world" through caring, professional "acts of loving-kindness" to assist families and individuals with life's challenges.

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