

PRESS RELEASE

JEWISH FAMILY SERVICE OF WESTERN MASSACHUSETTS

Contact: Elaine M. Shepard, Marketing and Communications Coordinator
Robert D. Marmor, Executive Director
(413) 737-2601 – www.jfswm.org

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Today's Teens: Growing Towards Tomorrow

Dedicated to Raising Strong, Healthy Families and Kids

The Challenge of Parenting In A High Stress World: Strategies for Surviving and Thriving With Your Teenager, a parenting workshop on Wednesday, January 25, 2012 at 7:00 p.m. at the Springfield Jewish Community Center, 1160 Dickinson Street, Springfield. Speaker Wendy Grolnick, Ph.D., Professor of Psychology at Clark University, is the mother of two girls. She is the author of two books: *Pressured Parents, Stressed Out Kids: Dealing with Competition While Raising a Successful Child* and *The Psychology of Parental Control: How Well Meaning Parenting Backfires*. This program is free and open to the public; however, pre-registration is strongly recommended. To make reservations or get more information, please call the (413) 739-4715 or email info@springfieldjcc.org.

Today's Teens: Growing Towards Tomorrow is a collaborative initiative of Temple Beth El, Sinai Temple, Springfield Jewish Community Center and Jewish Family Service, responding with a year long series on teens and parenting.

Solving Problems... Helping Families... Community Matters.

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

Jewish Campus Office: 1160 Dickinson Street, Springfield, MA 01108, (413) 455-1936

Berkshire County Satellite: 196 South Street, Pittsfield, MA 01201, (413) 236-5735

Hampshire/Franklin County Satellite: 253 Prospect, Northampton, MA 01060, (413) 737-2601

To learn more or get involved with Jewish Family Service call (413) 737-2601 or visit the new JFS website, www.jfswm.org.

JFS repairs the world through acts of loving kindness, one person and one family at a time.

Jewish Family Service of Western Massachusetts is a beneficiary agency of the Jewish Federation of Western Massachusetts, the Jewish Federation of the Berkshires and the United Way of Pioneer Valley.

Word Count: 160

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